ALKALINE TRANSITION

Recipe Book

Transform Your Life with Dr. Sebi's Alkaline Revolutionary Cookbook.

LAURA HENDRY

ALKALINE TRANSITION RECIPE BOOK

Unlock the Secrets to Vibrant Health - Transform Your Life with Dr. Sebi's Alkaline Revolutionary Cookbook with 90 Day Meal Plan.

Laura Hendry

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Alkaline Transition: What It Is and Why It Matters

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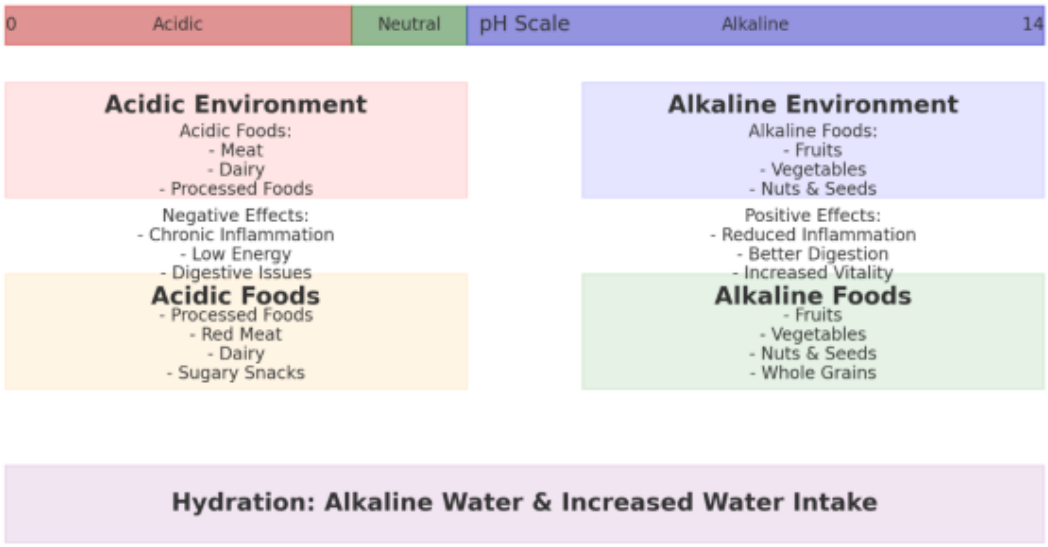
Understanding Alkaline Transition

Alkaline Transition refers to the process of shifting from a diet and lifestyle that promotes acidity in the body to one that fosters an alkaline environment. This transition involves adopting dietary practices and lifestyle changes that help maintain a balanced pH level, ideally leaning towards alkalinity. The underlying principle is that an alkaline environment is believed to be more conducive to health and less favorable to disease.



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The Science Behind pH Balance

pH, or "potential of hydrogen," measures the acidity or alkalinity of a solution on a scale from 0 to 14. A pH of 7 is considered neutral, while values below 7 indicate acidity and those above 7 indicate alkalinity. The human body maintains its blood pH within a narrow range of 7.35 to 7.45, which is slightly alkaline. This balance is crucial for optimal metabolic function, enzyme activity, and overall health.

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Acidic Foods and Their Impact:

- **Diet**: Consuming foods high in acidity, such as meat, dairy, processed foods, and sugary products, can disrupt this balance. These foods can contribute to a more acidic environment in the body.
- **Health Effects**: Chronic acidity is associated with various health issues, including inflammation, weakened immune function, and a higher risk of chronic diseases such as osteoporosis and diabetes.

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Alkaline Foods and Their Benefits:

- **Diet**: Alkaline diets emphasize the consumption of fruits, vegetables, nuts, seeds, and whole grains. These foods are believed to help neutralize excess acidity in the body.
- **Health Effects**: An alkaline diet is linked to numerous health benefits, such as reduced inflammation, improved energy levels, better digestion, and enhanced immune function.

Why Alkaline Transition Matters

1. **Health and Disease Prevention**:
    - **Chronic Diseases**: Research suggests that chronic acidity can contribute to the development and progression of various diseases. Transitioning to an alkaline diet may help mitigate these risks by supporting a more balanced internal environment.
    - **Inflammation**: Alkaline foods may reduce systemic inflammation, which is a common factor in many chronic health conditions.
2. **Digestive Health**:
    - **Optimal Function**: Alkaline foods are generally high in fiber, which supports healthy digestion and regular bowel movements. Improved digestive health contributes to overall well-being and nutrient absorption.
3. **Bone Health**:
    - **Calcium Retention**: An acidic environment can lead to calcium leaching from bones to neutralize acidity, potentially leading to bone density loss. An alkaline diet may help preserve bone health by reducing the need for such leaching.
4. **Energy and Vitality**:
    - **Enhanced Function**: Alkaline foods provide essential nutrients and energy for bodily functions. A well-balanced diet supports optimal energy levels and reduces fatigue.
5. **Mental Clarity and Mood**:
    - **Cognitive Function**: Some studies suggest that an alkaline diet may support mental clarity and emotional stability. The reduced burden of acidity on the body can lead to improved mood and cognitive function.

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Practical Steps for Transitioning

1. **Dietary Changes**:
    - **Increase Alkaline Foods**: Incorporate more fruits, vegetables, nuts, and seeds into your diet. Aim for a variety of colorful, nutrient-dense foods.
    - **Limit Acidic Foods**: Reduce intake of processed foods, red meat, dairy products, and sugary snacks.
2. **Hydration**:
    - **Drink Alkaline Water**: Consider drinking alkaline water to help balance your body's pH levels. Additionally, increase your overall water intake for optimal hydration.
3. **Lifestyle Adjustments**:
    - **Exercise Regularly**: Engage in regular physical activity to support overall health and improve metabolic function.
    - **Stress Management**: Practice stress-reducing techniques such as mindfulness, meditation, and adequate sleep.
4. **Monitoring and Adjustment**:
    - **Track pH Levels**: Use pH strips to monitor your body's pH balance and make necessary dietary adjustments.
    - **Consult Professionals**: Work with healthcare providers or nutritionists to ensure that your transition is balanced and meets your specific health needs.

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Understanding Dr. Sebi’s Alkaline Plant-Based Diet

Dr. Sebi's alkaline plant-based diet offers a compelling alternative to the conventional Western dietary paradigm, which typically emphasizes meat, dairy, processed foods, and vitamin supplements. This traditional approach often overlooks the potential benefits of a plant-based diet and its role in maintaining health and preventing disease. The transition to an alkaline plant-based diet requires stepping away from these conventional beliefs and embracing a different perspective on nutrition and health.

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The Paradigm Shift

In Western nutrition, the prevailing belief is that meat, dairy, and processed foods are essential components of a healthy diet. This belief is supported by a reductionist approach to science, which tends to prioritize interventions that target specific nutrients or deficiencies rather than considering holistic dietary changes. However, this perspective often overlooks the cumulative impact of diet on overall health.

Dr. Sebi’s African Bio Mineral Balance methodology, which promotes a diet high in alkaline plant-based foods, challenges this conventional wisdom. According to Dr. Sebi, the consumption of acidic foods, such as meat, dairy, and processed foods, disrupts the body's pH balance, leading to chronic inflammation and compromised mucous membranes. This disruption is believed to create an environment conducive to disease by weakening the immune system and impairing organ function.

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Scientific Exploration

To better understand the effects of an alkaline diet, it is essential to consider the work of various researchers. Before engaging with Dr. Sebi's methodology, studies by Dr. T. Colin Campbell and Dr. Michael Greger provided scientific evidence supporting the health benefits of plant-based diets. Their research highlights how plant foods can contribute to improved health outcomes and disease prevention.

Dr. Campbell's work, particularly his studies on the relationship between diet and chronic diseases, and Dr. Greger's meta-analyses on plant foods, offer valuable insights into how plant-based diets can impact health at a biochemical level. Their findings underscore the role of a diet rich in natural plant foods in supporting bodily functions and reducing disease risk.

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Mechanisms of Disease According to Dr. Sebi

Dr. Sebi's methodology is based on the premise that illness arises when the mucous membranes of organs are compromised due to an acidic internal environment. This environment results from the constant consumption of acidic foods, which deplete the body of essential minerals and cause chronic inflammation. As inflammation persists, the mucous membranes, which serve as protective barriers, become weakened. This condition creates a hospitable environment for pathogens, as the body's immune defenses are compromised.

In contrast, Western medicine often attributes disease to specific pathogens such as viruses, bacteria, or fungi. While encountering these pathogens is common, illness typically occurs when the body's immune system is unable to counteract them effectively. Western treatments frequently involve acidic and synthetic chemicals designed to eradicate these pathogens. However, this approach does not address the underlying issue of a weakened immune system and compromised organ function.

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Evidence from Clinical Observations

Dr. Marcial-Vega, an oncologist trained at Johns Hopkins University, provides compelling evidence supporting the impact of an acidic environment on health. His research showed that an acidic pH in the body disrupts the function of red and white blood cells, impairs oxygen delivery, and facilitates the buildup of toxins. In an effort to counteract these effects, Dr. Marcial-Vega utilized goji berry juice to raise his patients' blood pH levels to a more alkaline state.

The results of Dr. Marcial-Vega's experiment were significant. His patients experienced:

- **Reversal of Acidity:** Ninety percent of participants showed a shift from acidity to alkalinity.
- **Weight Reduction:** Eighty-five percent of obese patients achieved notable weight loss and increased lean body mass.
- **Stable Blood Levels:** Eighty percent of patients maintained stable levels of hemoglobin, platelets, and white blood cells.
- **Reduced Blood Pressure:** Eighty percent of patients with high blood pressure saw a reduction in their blood pressure, with fifty percent decreasing or eliminating their medication.
- **Increased Libido:** Seventy-five percent of patients reported an improvement in libido.
- **Lower Cholesterol:** Sixty-seven percent of patients with high cholesterol experienced a significant drop in cholesterol levels.
- **Improved Blood Sugar:** Sixty-four percent of diabetic patients had reduced blood sugar levels.

These outcomes provide empirical support for Dr. Sebi's assertion that an alkaline environment is less conducive to disease and supports overall health.

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Table: Health Outcomes and Dietary Impacts

A table can summarize the health outcomes related to acidic versus alkaline environments and the impact of Dr. Sebi's methodology.

Table Layout:

Aspect	Acidic Environment	Alkaline Environment	Impact of Dr. Sebi's Methodology
pH Level	< 7.0	> 7.4	Improved to > 7.4
Disease Susceptibility	High	Low	Reduced
Immune System Function	Impaired (weakened white blood cells)	Enhanced (active white blood cells)	Strengthened (more effective immune response)
Mucous Membrane Health	Compromised (chronic inflammation)	Healthy (protected mucous membranes)	Restored (improved protection)
Oxygen Delivery	Poor (anemia, clumped red blood cells)	Optimal (well-oxygenated red blood cells)	Improved (better oxygenation and nutrient delivery)
Toxin Build-Up	High (accumulation of toxins)	Low (effective detoxification)	Reduced (better detoxification)
Weight and Body Mass	Obesity, low lean mass	Weight reduction, increased lean mass	Significant weight reduction with increased lean body mass
Blood Pressure	High	Normal or reduced	Reduced (improvement in

Aspect	Acidic Environment	Alkaline Environment	Impact of Dr. Sebi's Methodology
			many cases)
Cholesterol Levels	High	Lower	Significant drop in cholesterol levels
Blood Sugar Levels	High	Lower	Decreased in diabetic patients
Libido	Variable	Increased	Increased in a majority of patients

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The Role of pH and Alkaline Blood in Health

Dr. Sebi’s African Bio-Mineral Balance methodology highlights the importance of maintaining an alkaline environment within the body to prevent disease. According to this approach, an acidic body environment fosters disease proliferation, while an alkaline environment supports health. This concept, though compelling, has been met with skepticism due to the complex nature of pH balance in the body. Understanding the pH variations across different body systems and their impact on health provides clarity on why maintaining an alkaline blood pH is crucial.

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pH Levels in Different Body Parts

The body's various systems exhibit different pH levels suited to their specific functions:

- **Stomach**: The stomach maintains a highly acidic environment with a pH ranging from 1.35 to 3.5. However, the mucous neck cells, located just below the stomach lining, have a neutral pH. This acidic environment is essential for digestion but is balanced by the neutral pH of mucous cells.
- **Skin**: The outer layer of the skin, or the epidermis, has a slightly acidic pH of around 4. This acidity helps protect against harmful bacteria. In contrast, the inner layer, or dermis, has a nearly neutral pH of approximately 6.9.
- **Vagina**: The vaginal environment maintains a slightly acidic pH of about 4.5 to prevent microbial overgrowth and infection.
- **Pancreas**: The pancreas operates in a slightly alkaline range with a pH between 8 and 8.3, crucial for neutralizing stomach acid and aiding digestion.
- **Intestines**: The pH varies along the intestines: the small intestine maintains a range of 6 to 7.4, while the large intestine has a pH range of 5.7 to 6.7.
- **Blood**: Blood maintains a tightly regulated pH range between 7.35 and 7.45, with 7.4 being the commonly referenced value. This slightly alkaline pH is vital for maintaining overall health and homeostasis.

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Understanding pH and Health

The pH scale ranges from 0 to 14, with 0 representing the most acidic, 14 the most alkaline, and 7 being neutral. Although different body systems operate at various pH levels, maintaining a slightly alkaline blood pH is critical for overall health. Here's why:

1. **pH and Oxygenation**: The blood's pH affects oxygen delivery to cells. An acidic environment in the blood interferes with oxygenation, impairing cellular function and energy production. An alkaline environment, on the other hand, supports optimal oxygen transport and cellular function.
2. **Impact of Acidic Foods**: Consuming meat, dairy, processed foods, and certain hybridized plant foods contributes to blood acidity. These foods have structures that create an acidic environment in the body and lack essential minerals, vitamins, and phytonutrients needed for optimal metabolic function.
3. **Immune System Function**: Acidic conditions can impair the immune system. White blood cells become less effective in acidic environments, allowing pathogens like bacteria, viruses, and fungi to proliferate. This can lead to increased susceptibility to infections and diseases.
4. **Buffering Mechanisms**: The body employs buffering systems, such as the production of bicarbonate by the kidneys, to maintain blood pH. When these systems are overwhelmed, the body compensates by leaching alkaline minerals from bones and other tissues. This process can lead to conditions like osteoporosis and reduce bone density.
5. **Metabolic Acidosis**: When blood pH drops below 7.4, metabolic acidosis can occur. This condition can disrupt normal bodily functions and, if severe, lead to serious health issues such as stroke or death.

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The Benefits of an Alkaline Plant-Based Diet

An alkaline plant-based diet plays a crucial role in maintaining optimal blood pH and overall health. Here's how:

- **Nutrient-Rich**: Plant foods are rich in minerals, vitamins, phytonutrients, and carbohydrates. These nutrients support cellular health, energy production, and overall organ function.
- **Alkalizing Properties**: Plant-based foods help maintain an alkaline blood pH, providing an environment that is less hospitable to disease. They are naturally low in fat and protein, with a balanced ratio of 80% carbohydrates, 10% fat, and 10% protein.
- **Sustainable Health**: Unlike animal-based and processed foods, which are often deficient in essential nutrients, plant foods provide a natural combination of nutrients that the body can readily utilize. This dietary approach aligns with the body's needs and promotes long-term health.

In conclusion, while various body systems have distinct pH levels suited to their functions, maintaining a slightly alkaline blood pH around 7.4 is crucial for health. An alkaline plant-based diet supports this balance, promotes optimal organ function, and creates an environment that is less conducive to disease.

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Understanding Dr. Sebi’s Alkaline Plant-Based Diet

Dr. Sebi’s alkaline plant-based diet, based on his African Bio-Mineral Balance methodology, emphasizes the consumption of plant foods that maintain a healthy pH balance in the body and support overall health. This dietary approach avoids unnatural, highly hybridized, and starchy plant foods due to their potentially harmful effects on the body. Here, we explore Dr. Sebi’s nutritional guide, detailing the food categories he recommends and the rationale behind his dietary choices.

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Dr. Sebi’s Nutritional Guide

Dr. Sebi’s nutritional guide categorizes foods into several groups to help maintain an alkaline environment in the body. The guide, which has evolved over 30 years in response to ongoing research and changes in food production. Below is a summary of the recommended foods and their categories:

1. Protein Sources

Dr. Sebi challenges the traditional emphasis on protein, arguing that iron from plants is crucial for blood health and overall metabolic functions. His guide includes plant foods rich in nitrogen-based compounds that support muscle growth and repair.

Recommended Protein Sources:

- **Grains**: Amaranth, Fonio, Kamut, Quinoa, Rye, Spelt, Tef, Wild Rice
- **Legumes**: Garbanzo Beans (Chickpeas)
- **Nuts & Seeds**: Almonds, Brazil Nuts, Hemp Seeds, Pine Nuts, Raw Sesame “Tahini” Butter, Walnuts
- **Milk Alternatives**: Hemp Seed Milk, Walnut Milk, Coconut Milk (Preferably homemade for purity)

2. Fruits for Energy

Dr. Sebi advocates consuming fresh fruits, avoiding canned varieties with additives and preservatives. Fruits are essential for providing natural energy and maintaining an alkaline environment.

Recommended Fruits:

- Apples, Bananas, Berries, Cantaloupe, Cherries, Currants, Dates, Figs, Grapes (seeded), Key Limes, Mango, Melons (seeded), Oranges (Seville or Sour Orange preferred), Papayas, Peaches, Pears, Plums, Prickly Pear, Prunes, Raisins (seeded), Soft Jelly Coconuts, Soursops, Tamarind

3. Cleansing Vegetables

Vegetables, particularly green leafy ones, are vital for supporting intestinal health and overall metabolic functions. They are rich in fiber,

minerals, vitamins, and phytonutrients.

Recommended Vegetables:

- Amaranth Greens (Callaloo), Wild Arugula, Avocado, Bell Peppers, Chayote (Mexican Squash), Cucumber, Dandelion Greens, Garbanzo Beans (Chickpeas), Izote (Cactus Leaf), Kale, Lettuce (all except Iceberg), Mushrooms (all except Shitake), Nopales, Okra, Olives, Onions, Purslane (Verdolaga), Sea Vegetables (Wakame/Dulse/Arame/Hijiki/Nori), Squash, Tomato (Cherry and Plum only), Tomatillo, Turnip Greens, Watercress, Zucchini

4. Oils

While the guide includes oils, Dr. Sebi advises minimizing their use due to potential inflammation and negative impacts on health. If used, opt for oils with lower processing levels.

Recommended Oils:

- Grape Seed Oil (Minimize use due to high omega-6 content), Sesame Oil, Hempseed Oil, Avocado Oil, Olive Oil (Avoid cooking with high heat), Coconut Oil (Avoid cooking with high heat)

5. Seasonings

Seasonings enhance flavor without adding harmful chemicals or additives. They are integral to a flavorful, healthful diet.

Recommended Seasonings:

- Achiote, Basil, Bay Leaf, Cayenne (African Bird Pepper), Dill, Habanero, Onion Powder, Oregano, Powdered Granulated Seaweed (Kelp/Dulse/Nori), Pure Sea Salt, Sage, Savory, Sweet Basil, Tarragon, Thyme

6. Herbal Teas

Herbal teas are preferred over caffeinated teas, offering a range of phytonutrients that support immune function.

Recommended Herbal Teas:

- Burdock, Chamomile, Clove, Fennel, Ginger, Raspberry, Tila

7. Sugars

Minimize the consumption of added sugars. Opt for whole food sugars like date sugar and 100% pure agave syrup.

Recommended Sugars:

- Date Sugar (dried and ground dates), 100% Pure Agave Syrup (from cactus, though processing may affect carbohydrate structure)

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Cleansing Herbs

During the transition to a plant-based diet, incorporating herbs can be beneficial. Dr. Sebi's methodology focuses on herbs that align with his nutritional principles, promoting detoxification and optimal health.

Note: It is recommended to make herbal teas and milk alternatives at home to ensure purity and avoid additives.

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Alkaline Recipes and Hydration

Transitioning to a plant-based diet is a significant step towards improving health and well-being. This guide focuses on recipes and practices that optimally support this transition, emphasizing the importance of raw foods, particularly in the form of vegetable and fruit smoothies. Additionally, the critical role of water in maintaining proper bodily functions is explored.

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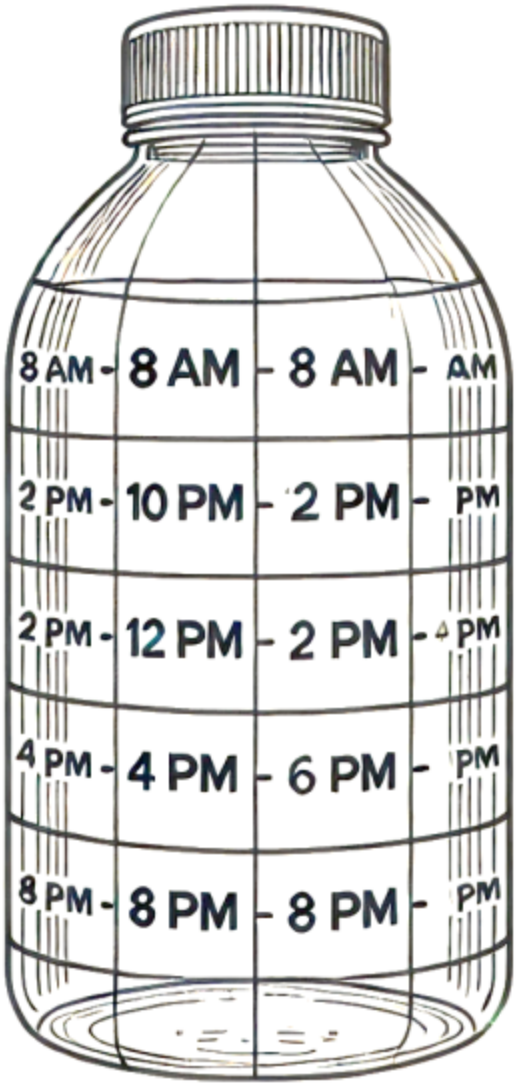
The Importance of Water in a Plant-Based Diet

Water is one of the most essential yet often overlooked nutrients. Adequate hydration is crucial for maintaining health, as water constitutes about 70% of the human body. Proper hydration supports cellular function and overall metabolic processes. Despite its importance, many people do not consume enough water daily, which can contribute to the development of various health issues.

Optimal Hydration:

To ensure the body's cells are adequately hydrated, it is recommended to consume approximately **1 gallon of spring water** daily. Spring water is preferred because it naturally contains a range of minerals that facilitate its absorption in the body. Bottled spring water undergoes minimal filtration to remove impurities, making it a good choice for daily hydration.

Visual Aid: Water Intake



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Juices and Smoothies: A Nutrient-Rich Approach

Juices and smoothies are excellent ways to incorporate a variety of nutrients into your diet. They are easy to prepare and provide a convenient method to consume raw vegetables and fruits, ensuring that the body receives essential vitamins, minerals, and phytonutrients.

Preparation Method

Blending Process:

Use a high-speed blender to mix vegetables or fruits with spring water. The amount of water added can be adjusted to achieve the desired consistency. Blending breaks down the cell walls of produce, making nutrients more bioavailable.

Cleaning and Preparation:

- **Rinse Produce:** Before blending, rinse fruits and vegetables thoroughly to remove residual pesticides and contaminants.
- **Cut Off Stickers:** Remove the stickers from produce carefully. It is advisable to cut off the portion of the skin where the sticker was attached, as the glue can be carcinogenic.
- **Peeling Considerations:** The skins of many fruits and vegetables are rich in nutrients, but they can also contain pesticides. Opt for organic produce when possible to reduce exposure to harmful chemicals. However, consuming conventional produce is still better than consuming processed foods or animal products, which lack the beneficial phytonutrients found in plants.

Blending Process

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Nutrient Retention and Storage

After preparing juices and smoothies, it is best to consume them immediately to take full advantage of the nutrients. Once the cell walls are broken during blending, the nutrients become more accessible but also more prone to oxidation.

Storage Tips:

- **Immediate Consumption:** Drink juices and smoothies right after preparation to minimize nutrient loss.
- **Refrigeration:** If not consumed immediately, store them in airtight containers in the refrigerator and consume them within one to two days.
- **Travel-Friendly Containers:** Use glass or stainless-steel bottles with airtight lids for transporting your juices and smoothies. Avoid plastic containers, as they can leach harmful chemicals into your drink.

Storage Containers

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Health Benefits of Raw Juices and Smoothies

Incorporating raw juices and smoothies into your daily routine offers several health benefits:

- **Improved Digestion:** The fiber in fruits and vegetables supports healthy digestion and regular bowel movements.
- **Enhanced Nutrient Absorption:** The bioavailability of nutrients increases when produce is blended, allowing the body to absorb them more efficiently.
- **Detoxification:** Raw juices and smoothies can help detoxify the body by providing essential nutrients and antioxidants.

A Glass of Freshly Made Green Smoothie

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Dr. Sebi's Alkaline Transition Creations

Dr. Sebi's approach emphasizes a diet rich in natural, unprocessed foods. Here is a comprehensive list, following Dr. Sebi's guidelines, categorized into fruits, vegetables, teas and natural beverages, spices and seasonings, alkaline sugars and sweeteners, nuts and seeds, oils, and grains.

Chapter 1: Dr. Sebi's Approved Food List

Fruits

1. Apples
2. Bananas
3. Berries (various kinds)
4. Cherries
5. Dates
6. Figs
7. Grapes
8. Limes
9. Mangoes
10. Melons
11. Nectarines
12. Oranges
13. Papayas
14. Peaches
15. Pears
16. Plums
17. Prunes
18. Raspberries
19. Strawberries
20. Tamarind

Vegetables

1. Bell Peppers
2. Chayote (Mexican Squash)
3. Cucumbers
4. Dandelion Greens

5. Garbanzo Beans (Chickpeas)
6. Green Banana
7. Izote (cactus flower/cactus leaf)
8. Kale
9. Lettuce (except iceberg)
10. Mushrooms (except Shitake)
11. Nopales (Mexican Cactus)
12. Okra
13. Olives (and olive oil)
14. Onions
15. Sea Vegetables (including seaweed and nori)
16. Squash
17. Spinach (preferably baby spinach)
18. String Beans
19. Tomato (cherry and plum only)
20. Zucchini

Teas and Natural Beverages

1. Burdock Root Tea
2. Chamomile Tea
3. Dandelion Tea
4. Elderberry Tea
5. Fennel Tea
6. Ginger Tea
7. Green Tea
8. Hibiscus Tea
9. Lemon Balm Tea
10. Nettle Tea
11. Peppermint Tea
12. Raspberry Leaf Tea
13. Red Clover Tea
14. Rooibos Tea
15. Rosehip Tea
16. Sage Tea
17. Sarsaparilla Tea
18. Tulsi (Holy Basil) Tea

19. Valerian Root Tea
20. Yarrow Tea

Spices and Seasonings

1. Basil
2. Bay Leaf
3. Cayenne
4. Cloves
5. Coriander
6. Cumin
7. Dill
8. Garlic
9. Ginger
10. Marjoram
11. Oregano
12. Parsley
13. Pepper (Black, White, and Cayenne)
14. Rosemary
15. Sage
16. Savory
17. Sea Salt
18. Thyme
19. Tumeric
20. Onion Powder

Alkaline Sugar and Sweeteners

1. Agave Syrup
2. Coconut Sugar
3. Date Sugar
4. Maple Syrup (Grade B)
5. Raw Honey
6. Stevia
7. Blackstrap Molasses
8. Brown Rice Syrup
9. Barley Malt Syrup
10. Dried Fruit (as a sweetener)

11. Sorghum Syrup
12. Yacon Syrup
13. Monk Fruit Sweetener
14. Erythritol
15. Xylitol
16. Lucuma Powder
17. Mesquite Powder
18. Palm Sugar
19. Jaggery
20. Fruit Purees (as sweeteners)

Nuts and Seeds

1. Almonds
2. Brazil Nuts
3. Hemp Seeds
4. Pine Nuts
5. Pumpkin Seeds
6. Sesame Seeds
7. Sunflower Seeds
8. Walnuts
9. Chia Seeds
10. Flaxseeds
11. Hazelnuts
12. Macadamia Nuts
13. Pecans
14. Pistachios
15. Tahini (Sesame Seed Paste)
16. Cashews
17. Coconut (raw)
18. Poppy Seeds
19. Quinoa (technically a seed)
20. Melon Seeds

Oils

1. Olive Oil (Extra Virgin)
2. Coconut Oil (Unrefined)

3. Grapeseed Oil
4. Sesame Oil
5. Hemp Seed Oil
6. Avocado Oil
7. Flaxseed Oil
8. Walnut Oil
9. Almond Oil
10. Macadamia Nut Oil
11. Pumpkin Seed Oil
12. Safflower Oil
13. Sunflower Oil
14. Black Seed Oil
15. Wheat Germ Oil
16. Apricot Kernel Oil
17. Borage Seed Oil
18. Evening Primrose Oil
19. Pine Nut Oil
20. Red Palm Oil

Grains

1. Amaranth
2. Fonio
3. Kamut
4. Quinoa
5. Rye
6. Spelt
7. Tef
8. Wild Rice
9. Buckwheat
10. Millet
11. Oats (whole)
12. Barley
13. Brown Rice
14. Black Rice
15. Basmati Rice
16. Jasmine Rice

17. Farro
18. Sorghum
19. Bulgur
20. Freekeh

Each of these items is chosen based on Dr. Sebi's focus on alkaline, nutrient-rich, and natural foods, which align with his holistic approach to health and wellness.

Chapter 2: Dr. Sebi's Approved Food List

His approach was based on the principle that certain foods create an acidic environment in the body, which can lead to disease. Here's a breakdown of the prohibited items in various categories:

Fruits

Dr. Sebi recommended avoiding certain fruits, particularly those that are hybrid, genetically modified, or contain high levels of acidity. These include:

- Canned fruits
- Seedless fruits (like seedless grapes)
- Non-organic, pesticide-laden fruits
- Certain citrus fruits high in acidity (like oranges)

Vegetables

While vegetables are generally encouraged, Dr. Sebi advised against certain types, especially those that are starchy or have been significantly modified:

- Canned vegetables
- Potatoes (due to their high starch content)
- Corn (often genetically modified)
- Soy products

Teas and Natural Beverages

Dr. Sebi was cautious about the consumption of certain teas and beverages:

- Black tea and other caffeinated teas
- Carbonated drinks, including diet sodas
- Alcoholic beverages
- Packaged fruit juices (due to high sugar and preservative content)

Spices and Seasonings

Dr. Sebi advised against using certain seasonings, particularly those with artificial additives or high sodium content:

- Table salt (opt for sea salt or Himalayan salt)

- Artificial flavorings and colorings
- Certain condiments with preservatives and additives

Alkaline Sugar and Sweeteners
Some sweeteners are to be avoided in the Dr. Sebi diet:

- Refined sugar and artificial sweeteners
- High fructose corn syrup
- Certain artificial syrups

Nuts and Seeds
While many nuts and seeds are beneficial, there are a few exceptions:

- Salted or flavored nuts
- Roasted nuts and seeds

Oils
Dr. Sebi's approach calls for the avoidance of certain oils:

- Canola oil
- Vegetable oil
- Margarine and other artificial butter

Grains
Certain grains that are acidic or highly processed are to be avoided:

- Wheat (including white flour and wheat-based products)
- White rice
- Corn flour

Dr. Sebi's dietary guidelines are based on the belief that certain foods disrupt the body's natural alkaline state and hinder the healing process. His prohibited food list is integral to understanding his overall dietary philosophy, which emphasizes natural, minimally processed foods that promote an alkaline environment in the body. As with any dietary changes, especially for those with specific health conditions, it is recommended to consult with a healthcare provider before making significant alterations to one's diet.

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Chapter 3: Recipes by Dr. Sebi

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BREAKFAST

1. Banana Barley Porridge

Preparation Time: 5 minutes| Cooking Time: 30 minutes| serving: 2

What you need:

- 1 cup unsweetened coconut milk, divided
- 1 small banana, peeled and sliced
- 1⁄2 cup barley
- 3 drops liquid stevia
- 1⁄4 cup coconuts, chopped

How to Make It:

- Mix barley with half coconut milk and stevia in a bowl and mix well. Cover and refrigerate for about 6 hours.

- Mix the barley mixture with coconut milk in a saucepan. Cook for 5 minutes on medium heat.

- Top with chopped coconuts and banana slices. Serve.

Nutrition: Calories: 434, Fat: 35g, Carbs: 27g, Protein: 6.7g, Fiber: 3.6g

1. Quick Ramen Pho

What you need:

- 4 cups lower-sodium beef broth, chicken broth, or vegetable broth

- 2 teaspoons soy sauce

- 1 teaspoon light brown sugar

- 1/2 teaspoon fish sauce, optional

- 1/2 teaspoon Chinese five spice powder
- 1/4 teaspoon crushed red pepper
- 1 tablespoon fresh lime juice
- 1 (3 to 3.5-oz.) pkg. ramen noodles, spice packet discarded
- 1/2 teaspoon toasted sesame oil Leftover sliced chicken, beef, shrimp, or pork tenderloin
- Toppings (such as halved soft-boiled eggs, cilantro leaves, sliced jalapeño, thinly sliced onion, scallions, basil, mint, and lime wedges)

How to Make It:

- Heat oil in a large saucepan over medium-high.
- Add ginger and onion, cut sides down, and sear until well browned on cut sides and ginger is aromatic.
- Add broth, soy sauce, brown sugar, fish sauce, spice powder, and crushed red pepper.
- Bring mixture to a boil, then reduce heat to low, and simmer for 20 minutes, partially covered, or until broth is fragrant.
- Strain solids from broth. Stir in lime juice; set aside.
- Cook ramen noodles according to package directions, omitting spice packet.
- Drain noodles, and toss with sesame oil.
- Set aside.
- Divide noodles between bowls; add chicken, beef, shrimp, or pork.

- Ladle hot broth evenly over bowls. Add toppings of your choice.

1. Kamut Raisin Pancakes:

What you need:

- 2 cups of kamut flour
- 1 cup of maple syrup
- 2 tsp of vanilla extract
- 1 2/3 tsp of sea moss powder
- 1/2 cup of almond milk
- 1/4 cup of raisins

How to Make It:

- Put kamut flour, and sea moss powder in a bowl
- Add raisins, vanilla extract, and maple syrup
- Mix in almond milk
- Fill the heated pot and cook equally on the two sides
- Flip till brown on both sides and serve

1. Plant-Based Quinoa Bowl

What you need:

- 1 Cup of Cooked Quinoa
- 1 Handful of Approved Greens
- 2 Cups of Chopped Approved Vegetables
- 1 Tablespoon of Grapeseed Oil

How to Make It:

- You start by heating a large pan containing a tablespoon of grapeseed oil, and sauté the sliced vegetables until tender.

- Carefully mix the fresh greens, the cooked quinoa, and the vegetables.

- Then season it with cayenne pepper and sea salt to taste.

1. Zucchini Muffins

Preparation Time: 10 minutes| Cooking Time: 25 minutes| serving: 16
What you need:

- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 1⁄4 cup walnut butter
- 3 small-medium over-ripe bananas
- 2 small zucchinis, grated
- 1⁄2 cup coconut milk
- 1 teaspoon vanilla extract
- 2 cups coconut flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1⁄4 teaspoon sea salt
- Optional add-ins:
- 1⁄4 cup chocolate chips and/or walnuts

How to Make It:

- Set your oven to 375 degrees F. Grease a muffin tray with cooking spray. Mix flaxseed with water in a bowl.

- Mash bananas in a glass bowl and stir in all the remaining ingredients. Mix well and divide the mixture into the muffin tray.

- Bake for 25 minutes. Serve.

Nutrition per serving: Calories: 127, Fat: 6.6g, Carbs: 13g, Protein: 0.7g, Fiber: 0.7g

1. Full Fried Ravioli Nachos

What you need:

- Oil for frying 2 large eggs

- 1 tablespoon Mexican hot sauce (such as Valentina)
- 1 tablespoon water
- 1 1/2 cups seasoned breadcrumbs
- 1 (25-oz.) pkg. frozen cheese ravioli (about 40 pieces)
- 8 ounces grilled diced chicken (about 1 1/2 cups)
- 6 ounces Monterey Jack cheese, shredded (about 1 1/2 cups)
- 1/4 cup sour cream
- 1 tablespoon fresh lime juice (from 1 lime)
- 1 cup fresh pico de gallo
- 1/3 cup fresh guacamole
- 1/3 cup chopped fresh cilantro leaves
- 3 tablespoons sliced black olives Fresh jalapeño slices, optional

How to Make It:

- Line a rimmed baking sheet with aluminum foil.

- Place a wire rack in a second rimmed baking sheet lined with paper towels.

- Pour enough oil in a large, deep pot so it reaches a depth of 1 inch.

- Heat oil over medium heat until it reaches 325°F.

- While oil heats, combine eggs, hot sauce, and water in a shallow dish.

- Place breadcrumbs in a second shallow dish.

- Toss ravioli in egg mixture, and allow excess to drip off; coat in breadcrumbs.

- Place breaded ravioli on foil-lined baking sheet. Fry ravioli, in batches, until golden brown, about 3 minutes.

- Using a slottled spoon, transfer fried ravioli to wire rack to drain.

• Preheat broiler with rack 6 inches from heat. Arrange fried ravioli in a single layer on a baking sheet, slightly overlapping; top with chicken, and sprinkle with cheese.

• Broil until cheese is bubbly, about 2 minutes.

• Whisk together sour cream and lime juice in a small bowl.

• Top nachos with pico de gallo, guacamole, cilantro, black olives, and, if desired, jalapeño slices.

• Drizzle with lime cream.

1. Sea Moss Breakfast Shake

What you need:

- 4 bp of almond spread
- 1 cup of maple syrup
- 3 cups of almond milk
- 3 tsp of vanilla extract
- 2 tsp of cinnamon
- 1 tsp of sea moss
- 3-4 cups of water

How to Make It:

- Mix hot water and sea moss
- Include almond spread, maple syrup, cinnamon, vanilla extract and almond milk
- Mix until smooth and serve

1. Cinnamon apple breakfast quinoa

What you need:

- 1⁄2 cup quinoa
- 2 large-sized apples
- 11⁄2 cups water

- 2 teaspoons cinnamon
- Honey

How to Make It:

- First, peel the apples and then cut them into little pieces.
- Now, add water, quinoa, and chopped apples to a pan. Cover the pan and allow it to boil for about 20 to 25 minutes at a simmer-level heat. This will allow the quinoa to absorb water and at the same time soften the apples.
- Then, add cinnamon to the boiled mixture and stir to blend.
- Add honey and if you like you may add some more cinnamon.
- Your breakfast is ready!

1. Veggie Lettuce Wraps

Preparation time: 15 minutes| Cooking time: 0 minutes| Servings: 3
What you need:

- ¾ cup fresh kale, tough ribs removed and torn
- 1 cup cucumber, sliced
- 1 cup cherry tomatoes, halved
- Sea salt, as needed
- 6 large lettuce leaves

How to Make It:

- Add the kale, cucumber, tomato, and salt in a large bowl and mix well.
- Arrange the lettuce leaves onto serving plates.
- Divide the kale mixture onto each lettuce leaf evenly.
- Serve immediately.

Nutrition Per serving: Calories: 26kcal; Fat: 0.2g; Carbs: 5.4g; Protein: 1.3g

1. Millet Porridge

Preparation Time: 10 minutes| Cooking Time: 20 minutes| serving: 2

What you need:

- Pinch of sea salt
- 1 tablespoon coconuts, chopped finely
- 1⁄2 cup unsweetened coconut milk
- 1⁄2 cup millet, rinsed and drained
- 11⁄2 cups water
- 3 drops liquid stevia

How to Make It:

- Sauté millet in a non-stick skillet for 3 minutes. Stir in salt and water. Let it boil then reduce the heat.
- Cook for 15 minutes then stir in the remaining ingredients. Cook for another 4 minutes.
- Serve with chopped nuts on top.

Nutrition per serving: Calories: 219, Fat: 4.5g, Carbs: 38.2g, Protein: 6.4g, Fiber: 5g

1. Cream of Rye

What you need:

- 1/2 cup of cream of rye
- 1/2 cup of water
- 1/2 cup of almond milk
- 1 tsp of vanilla extract
- 1/4 cup of agave nectar

How to Make It:

- Add water to a pot and bring to a boil
- When bubbling, remove it from the heat
- Include cream of rye blend until thickens
- Add vanilla extract, agave nectar, and milk
- Mix and serve

1. Creamy Street Corn Soup

What you need:

- 2 tablespoons olive oil
- 4 cups fresh yellow corn kernels (8 ears)
- 2 tablespoons unsalted butter
- 1 1/2 cups finely chopped yellow onion (from 1 onion)
- 1 garlic clove
- 1/4 cup all-purpose flour
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground cumin
- 3/4 teaspoon ancho chile powder, divided
- 1 quart unsalted chicken stock
- 1 (5-oz.) can diced green chiles
- 1 cup heavy cream
- 2 ounces Cotija cheese, crumbled (about 1/2 cup)
- 1/4 cup chopped fresh cilantro Fresh jalapeño slices Lime wedges

How to Make It:

- Heat oil in a large Dutch oven over medium-high. Add corn kernels, and cook, stirring occasionally, until lightly charred, about 10 minutes.
- Add butter to Dutch oven, and stir until melted. Add onion and garlic; cook, stirring occasionally, until onion is translucent, about 3 minutes.
- Sprinkle in flour, salt, cumin, and 1/2 teaspoon of the chile powder; cook, stirring constantly, until fragrant and thickened, about 2 minutes.
- Stir in chicken stock and green chiles; bring to a boil, stirring occasionally. Reduce heat to medium, and simmer until flavors meld together, about 5 minutes.
- Stir in cream, and cook, stirring often for 3 minutes. Remove from heat.
- Sprinkle each serving with cheese, cilantro, and remaining 1/4 teaspoon chile powder. Garnish with jalapeño slices and lime wedges.

1. Spelt Strawberry Waffles

What you need:

- 2 cups of spelt flour
- 1/2 cup of almond milk
- 1/4 cup of water
- 1 tsp of sea moss
- 1/4 cup of agave nectar
- 1 tsp of vanilla extract
- 6 strawberries, cut into small pieces

How to Make It:

- Mix spelled flour, sea moss, and strawberry pieces
- Add agave nectar, vanilla extract, water, and almond milk
- Combine and fill the waffle maker and cook

1. Zucchini Pancakes

Preparation Time: 15 minutes| Cooking Time: 8 minutes| serving: 8

What you need:

- 12 tablespoons water
- 6 large zucchinis, grated
- Sea salt, to taste
- 4 tablespoons ground Flax Seeds
- 2 teaspoons olive oil
- 2 jalapeño peppers, finely chopped
- 1⁄2 cup scallions, finely chopped

How to Make It:

- Mix water and flax seeds in a bowl and keep aside.

- Heat oil in a large non-stick skillet on medium heat and add zucchini, salt, and black pepper.

- Cook for about 3 minutes and transfer the zucchini into a large bowl. Stir in scallions and flax seed mixture and thoroughly mix.

- Preheat a griddle and grease it lightly with cooking spray.
- Pour about 1⁄4 of the zucchini mixture into a preheated griddle and cook for about 3 minutes.
- Flip the side carefully and cook for about 2 more minutes.
- Repeat with the remaining mixture in batches and serve.

Nutrition per serving: Calories: 71Fat: 2.8gCarbs: 9.8g Protein: 3.7g Fiber: 3.9g

1. **Blueberry Spelt Muffins:**

What you need:

- 1/4 tsp of sea salt
- 1/3 cup of maple syrup
- 1 tsp of baking powder
- 1/2 cup of sea moss
- 3/4 cup of spelt flour
- 3/4 cup of kamut flour
- 1 cup of almond milk
- cup of blueberries

How to Make It:

- Preheat oven to 400F.
- Place liners in muffin tins
- Combine flour, syrup, salt, baking powder, and seam moss in a mixing bowl.
- Add almond milk. Mix well.
- Mix in blueberries
- Pour in the muffin tin and bake for 25-30 minutes

1. Pumpkin steel-cut oats

What you need:

- 3⁄4 cup of steel-cut oats
- 3 cups almond milk
- 1⁄2 cup of pumpkin puree
- 1 tablespoon of coconut oil
- 1⁄4 cup of coconut sugar (divided; in half to caramelize the pecans)
- 1 teaspoon pumpkin pie spice
- 1⁄4 teaspoon sea salt
- 1⁄2 cup pecans (should be caramelized)
- 2 tablespoons of coconut oil, Extra almond milk for drizzling, and pecans (optional).

How to Make It:

- Put the oats into a pan add almond milk and then boil.
- Add butter (vegan), pumpkin, sea salt, coconut sugar, and pumpkin spice and stir till it blends
- Add caramelized pecans and cook for about 3 minutes until the whole dish caramelizes.
- Your meal is ready.
- Dish up the oats and add the extra almond milk and some pecans (optional).

1. Squash Hash

Preparation Time: 2 minutes| Cooking Time: 10 minutes| serving: 2
What you need:

- 1 teaspoon onion powder
- 1⁄2 cup onion, finely chopped
- 2 cups spaghetti squash
- 1⁄2 teaspoon sea salt

How to Make It:

- Squeeze any extra moisture from spaghetti squash using paper towels. Place the squash into a bowl, then add the onion powder, onion, and salt. Stir to combine.

- Spray a non-stick cooking skillet with cooking spray and place it over medium heat.

- Add the spaghetti squash to the pan. Cook the squash for 5 minutes, untouched. Using a spatula, flip the hash browns.

- Cook for an additional 5 minutes or until the desired crispness is reached. Serve and Enjoy!

Nutrition per serving: Calories: 44, Fat: 0.6g, Carbs: 9.7g, Protein: 0.9g, Fiber: 0.6g

1. Fine French Toast

What you need:

- 2 slices of spelt bread
- 1 cup of almond milk
- 2 tsp of quinoa chips
- 2 tsp of spelt flour
- 2 tsp of maple syrup
- 1/2 tsp of sea salt

How to Make It:

- Combine all ingredients
- Dip bread until wet, however, not saturated.
- Add olive oil to the pan. Gently sear on the two sides

1. Granola

What you need:

- 2 cups spelt flakes
- 1⁄2 cup chopped dry fruit (any seed dry seeded fruit would do)
- 1⁄2 cup chopped walnuts
- 1⁄4 cup hemp, sesame seeds and pumpkin
- 1⁄2 coconut flakes (dried)
- 4 tablespoons of agave syrup
- 2 tablespoons of avocado oil
- 1 teaspoon of sea salt (might not use all so taste and add as required).

How to Make It:

- First, preheat the oven to about 300 degrees Fahrenheit
- Then put all the ingredients into a reasonable size bowl and stir.
- Continue stirring until all the dried ingredients are coated with agave syrup, oil, and sea salt.
- By this time the mixture is now a little thick and sticky, so then put it into the already heated oven for about 8 to 10 minutes.
- Your breakfast is ready!

1. Mushrooms with Bell Peppers

Preparation time: 15 minutes| Cooking time: 10 minutes| Servings: 4
What you need:

- 1 tablespoon grapeseed oil
- 3 cups fresh button mushrooms, sliced
- 3⁄4 cup red bell peppers, seeded and cut into long strips
- 3⁄4 cup yellow bell peppers, seeded and cut into long strips
- 11⁄2 cup white onions, cut into long strips
- 2 teaspoons fresh sweet basil
- 2 teaspoons fresh oregano
- 1⁄2 teaspoon cayenne powder
- Sea salt, as needed

How to Make It:

- In a skillet, heat the grapeseed oil over medium-high heat and sauté the mushrooms, bell peppers, and onion for about 5–6 minutes.

- Add in the herbs, cayenne pepper, and salt and cook for about 2–3 minutes.

- Add in the lime juice and remove the skillet of veggies from heat.

- Serve hot.

Nutrition Per serving: Calories: 76kcal; Fat: 3.8g; Carbs: 8.8g; Protein: 2.7g

1. Kamut Puff Cereal

What you need:

- 1/4 cup of agave nectar
- 1 cup of hot almond milk
- 1/4 of cup raisins
- 1/4 cup of chopped almonds
- /4 cup of chopped dates
- 1 cup of kamut puffs

How to Make It:

- Add almond milk to a bowl of kamut puffs
- Add almonds, oats, dates, and agave nectar and Enjoy!

1. Spelt roti

What you need:

- 1 cup spelled flour (add a little for dipping)
- 1 teaspoon sea salt
- 2 teaspoons grapeseed oil
- Spring water (to be added a little at a time)

How to Make It:

- Mix all ingredients in a deep bowl. After doing that you will get a soft spongy-like dough.
- Leave sitting in the bowl for about 30 minutes.
- Then heat a skillet without oil
- Cut the dough and roll it into 12 balls.
- Dip balls into spelled flour one at a time.
- Then roll the ball thin and flat into a circular roti.
- Now, place the roti in a hot dry skillet and leave.
- Once the roti starts bubbling, flip and remove the roti when it starts to bubble again.

1. Pumpkin Spice Quinoa

Preparation Time: 10 minutes| Cooking Time: 0 min| Serving: 2
What you need:

- 1 cup cooked quinoa
- 1 cup unsweetened coconut milk
- 1 large banana, mashed
- 1/4 cup pumpkin puree
- 1 teaspoon pumpkin spice
- 2 teaspoon chia seeds

How to Make It:

- Mix all the ingredients in a container.
- Seal the lid and shake well to mix.
- Refrigerate overnight.
- Serve.

Nutrition per serving: Calories: 212, Fat: 11.9g, Carbs: 31.7g, Protein: 7.3g, Fiber: 2g

1. Classic Banana Fries

Preparation time: 5 minutes| Cooking time: 10 minutes| servings 2
What you need:

- 4 baby burro bananas, peeled, cut into squares
- 1⁄4 teaspoon salt
- 1⁄2 of a medium onion, peeled, chopped
- 1⁄2 of medium green bell pepper, cored, chopped
- 2 teaspoons grapeseed oil
- 1⁄4 teaspoon cayenne pepper

How to Make It:

- Take a medium skillet pan, place it over medium-low heat, add oil and when hot, add burro banana pieces and then cook for 3 minutes or until beginning to brown.

- Then turn the burro banana pieces, add the remaining ingredients, stir until mixed, and then continue cooking for 5 to 7 minutes until the onions have caramelized.

- Serve straight away.

Nutrition Per serving: Calories: 131kcal; Fat: 6.5g; Carbs: 20g; Protein: 1g

1. Instant Pot Rajma Masala

What you need:

- 1 large (13 oz.) yellow onion
- coarsely chopped (3 cups) 6 garlic cloves
- smashed 1 (1-in.) piece fresh ginger, peeled and chopped
- 1 large jalapeño
- chile, seeds and ribs removed, chopped (3 Tbsp. plus 1 tsp.)
- 1 cup chopped [tomato (6 oz.) (from 2 [4-oz.] tomatoes)
- 2 tablespoons ghee
- 2 teaspoons cumin seeds
- 1 teaspoon ground turmeric
- 1 teaspoon garam masala
- ¼ teaspoon black cardamom seeds (from 1 pod)
- 1/4 teaspoon ground cinnamon
- 3 cups vegetable broth
- 1 1/2 cups (10 oz.) dried dark red kidney beans
- 2 teaspoons kosher salt
- 1/4 cup plain whole-milk yogurt
- 1/2 teaspoon
- fresh lemon juice (from 1 lemon)

How to Make It:

- Process onion, garlic, ginger, jalapeño, and tomatoes in a food processor until finely chopped, about 15 seconds, stopping to scrape down sides as needed.
- Select SAUTÉ setting on a 6-quart programmable pressure multicooker (such as Instant Pot). (Times, instructions, and settings may vary according to cooker brand or model.)
- Select MEDIUM temperature setting, and allow to preheat. Add ghee, and heat until fragrant. Add cumin, turmeric, garam masala,

cardamom, and cinnamon; cook, stirring constantly, until fragrant, about 30 seconds.

- Add tomato mixture; cook, stirring occasionally, until almost all liquid evaporates, about 10 minutes. Stir in broth, kidney beans, and salt. Cover cooker with lid, and lock in place. Turn the steam release handle to SEALING position.
- Select MANUAL setting on HIGH pressure for 60 minutes. (It will take 10 to 20 minutes for cooker to come up to pressure before cooking begins.)
- Let pressure release naturally for 10 minutes. Carefully turn steam release handle to VENTING position, and let steam fully escape (float valve will drop). (This will takes 5 to 15 minutes.) Remove lid from cooker, and turn off cooker. Let stand 10 minutes; stir in yogurt and lime juice, and serve.

1. Papaya Breakfast Shake:

What you need:

- 2 cups of almond milk
- 1/2 cup of agave nectar
- 1 tsp of sea moss
- 1/2 cup of cold water
- 1/2 cup of fresh or frozen papaya

How to Make It:

- Mix water and sea moss
- Add papaya, milk, and agave nectar
- Mix until smooth and serve

1. Watermelon Salsa

What you need:

- 1/2 cup chopped red onion (from 1 small onion)
- 3 cups 1/4-inch seedless watermelon cubes (from 1 small [about 1 1/2 lb.] watermelon)

- 1 (1-oz.) jalapeño chile, seeded and diced (about 2 Tbsp.)
- 1/2 cup chopped fresh cilantro
- 1 teaspoon grated lime zest plus
- 2 Tbsp. fresh juice (from 1 lime)
- 3/4 teaspoon kosher salt

How to Make It:

- Soak red onion in cold water 10 minutes. Drain.
- Stir together onion, watermelon, jalapeño, cilantro, lime zest, lime juice, and salt in a medium
- bowl.
- Serve immediately.

1. Cream of Kamut

What you need:

- 4 cups of almond milk
- 2 cups of water
- 1/2 cup of kamut flour
- 1/2 tsp of vanilla extract
- 1 cup of maple syrup
- 1 tsp of cinnamon

How to Make It:

- Take the same steps in making cream of rye

1. Mixed berry smoothie

What you need:

- 1⁄2 cup slice fresh raspberries,
- 1⁄2 cup of slice strawberries (fresh),
- 1⁄4 cup of yellow banana,
- 1 cup of blueberries (fresh),
- 1 tablespoon hemp seed (raw),

- 1 teaspoon maple syrup,
- 2 teaspoons sea moss gel or powder.

How to Make It:

- Take some berries and keep them on the side for topping later

- Put all berries and bananas in a blender and blend till it's smooth.

- Then pour into a bowl and top with the berries that were reserved, and the hemp seeds.

- Drizzle maple syrup on top (optional).

1. Zucchini Home Fries

Preparation Time: 5 minutes| Cooking Time: 20 minutes| serving: 2
What you need:

- 4 medium zucchinis
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1 red bell pepper, seeded, diced
- 1⁄2 sweet white onion, chopped
- 1⁄4 cup vegetable broth
- 1⁄2 cup mushrooms, sliced

How to Make It:

- In a medium-sized microwave-safe bowl, microwave the 4 zucchinis for about 4 minutes or until soft. Allow zucchinis to cool.
- Add the broth into a large non-stick pan over medium heat, add the red bell pepper and onion. Sauté your vegetables for 5 minutes.
- While the vegetables are cooking, slice your zucchini into quarters.
- Add the mushrooms, onion powder, salt, and zucchini to the pan. Cook your mixture for about 10 minutes or until the zucchinis are crisp.
- Serve and Enjoy!

Nutrition per serving: Calories: 337 Fat: 0.8g Carbs: 74.8gProtein: 9.3gFiber: 12.4g

1. Blackberry Pie

Preparation Time: 10 minutes| Cooking Time: 10 minutes| serving: 4
What you need:

- 1 vanilla bean, cut lengthwise, deseeded
- 1⁄4 teaspoon cinnamon
- 6 cups blackberry, sliced
- 1⁄4 cup unsweetened coconut milk
- 1⁄2 cup orange juice, freshly squeezed

How to Make It:

- Combine all your ingredients.
- In a medium-size skillet on medium-high heat, cook the fruit mixture.
- Cook the fruit mixture for 10 minutes.
- Divide the fruit mixture among four serving dishes.
- Top with 1 tablespoon of coconut milk.
- Serve and Enjoy!

Nutrition per serving: Calories: 109, Fat: 0.1g, Carbs: 28.5g, Protein: 0.2g, Fiber: 4.5g

1. Teff Pancakes

Preparation Time: 10 minutes | Cooking Time: 10 minutes | Serving: 4
What you need:

- 1 cup teff flour
- 1 ¼ cups homemade almond milk
- 1 tablespoon grapeseed oil
- 1 tablespoon agave syrup
- 1 teaspoon baking powder
- Pinch of sea salt

How to Make It:

- Mix all ingredients to form a smooth batter.
- On a non-stick pan, pour ¼ cup of batter for each pancake.
- Cook until bubbles form, then flip and cook the other side.
- Serve with agave syrup or fresh fruits.

Nutrition per serving: Calories: 194, Fat: 7g, Carbs: 29g, Protein: 4g, Fiber: 3g

1. Chia Seed Pudding

Preparation Time: Overnight (for setting) + 5 minutes | No Cooking | Serving: 2

What you need:

- ¼ cup chia seeds
- 1 cup homemade almond milk
- 1 tablespoon agave syrup
- ½ teaspoon vanilla extract

How to Make It:

- In a bowl, mix chia seeds, almond milk, agave syrup, and vanilla extract.
- Let it sit overnight in the refrigerator to thicken.
- Serve chilled, topped with fresh fruits.

Nutrition per serving: Calories: 180, Fat: 9g, Carbs: 22g, Protein: 5g, Fiber: 10g

1. Sesame Seed Milk

Preparation Time: Overnight (for soaking) + 5 minutes | No Cooking | Serving: 2

What you need:

- ½ cup sesame seeds, soaked overnight
- 2 cups spring water

- 1 tablespoon agave syrup

How to Make It:

- Drain and rinse the soaked sesame seeds.
- Blend sesame seeds with spring water and agave syrup until smooth.
- Strain through a nut milk bag or fine mesh sieve.

Nutrition per serving: Calories: 105, Fat: 8g, Carbs: 6g, Protein: 3g, Fiber: 2g

1. Electric Blueberry Oatmeal

Preparation Time: 5 minutes | Cooking Time: 15 minutes | Serving: 2
What you need:

- 1 cup rolled oats
- 2 cups homemade almond milk
- ½ cup blueberries
- 1 tablespoon agave syrup
- ½ teaspoon cinnamon

How to Make It:

- Cook oats in almond milk until soft.
- Stir in blueberries, agave, and cinnamon.
- Serve warm.

Nutrition per serving: Calories: 255, Fat: 7g, Carbs: 43g, Protein: 7g, Fiber: 6g

1. Alkaline Avocado Toast

Preparation Time: 5 minutes | Serving: 2
What you need:

- 2 slices of spelt bread
- 1 ripe avocado
- Sea salt to taste

- Crushed red pepper flakes (optional)

How to Make It:

- Toast the spelled bread slices to your liking.
- Mash the avocado and spread it evenly on each slice of toast.
- Season with sea salt and red pepper flakes, if desired.

Nutrition per serving: Calories: 234, Fat: 15g, Carbs: 24g, Protein: 5g, Fiber: 9g

1. Sea Moss Smoothie

Preparation Time: 5 minutes | Serving: 1
What you need:

- 1 cup homemade almond milk
- 2 tablespoons sea moss gel
- 1 ripe banana
- 1 tablespoon agave syrup
- ½ cup blueberries

How to Make It:

- Blend all ingredients until smooth.
- Serve chilled.

Nutrition per serving: Calories: 285, Fat: 4g, Carbs: 62g, Protein: 3g, Fiber: 6g

1. Kamut Porridge

Preparation Time: 5 minutes | Cooking Time: 20 minutes | Serving: 2
What you need:

- 1 cup Kamut grains, soaked overnight
- 2 cups spring water
- 1 tablespoon agave syrup
- ½ teaspoon cinnamon

- Fresh fruits for topping

How to Make It:

- Rinse and drain soaked kamut grains.
- In a pot, combine kamut grains and water; bring to a boil.
- Reduce heat, cover, and simmer for 20 minutes.
- Stir in agave syrup and cinnamon.
- Top with fresh fruits before serving.

Nutrition per serving: Calories: 320, Fat: 2g, Carbs: 68g, Protein: 10g, Fiber: 8g

1. Walnut and Date Bars

Preparation Time: 15 minutes | No Cooking | Serving: 8
What you need:

- 1 cup walnuts
- ½ cup pitted dates
- ¼ cup unsweetened shredded coconut
- 1 teaspoon vanilla extract

How to Make It:

- In a food processor, blend walnuts and dates until sticky.
- Add shredded coconut and vanilla, and blend until mixed.
- Press the mixture into a lined baking tray.
- Refrigerate for 1 hour, then cut into bars.

Nutrition per serving: Calories: 180, Fat: 13g, Carbs: 15g, Protein: 4g, Fiber: 3g

1. Brazil Nut Yogurt

Preparation Time: 8 hours (for setting) | Cooking Time: 10 minutes | Serving: 2
What you need:

- 1 cup Brazil nuts, soaked overnight
- 1 cup spring water
- 1 tablespoon lime juice
- 1 tablespoon agave syrup

How to Make It:

- Blend soaked Brazil nuts with water until smooth.
- Add lime juice and agave, and blend again.
- Pour mixture into a bowl, cover, and let it set in the refrigerator overnight.
- Serve chilled with fruits or nuts.

Nutrition per serving: Calories: 315, Fat: 28g, Carbs: 12g, Protein: 7g, Fiber: 2g

1. Wild Rice Breakfast Bowl

Preparation Time: Overnight (for soaking) + 15 minutes | Cooking Time: 45 minutes | Serving: 2

What you need:

- 1 cup wild rice, soaked overnight
- 2 ½ cups spring water
- 1 ripe banana, sliced
- ¼ cup chopped walnuts
- 1 tablespoon agave syrup
- ½ teaspoon cinnamon

How to Make It:

- Rinse soaked wild rice and cook in spring water until tender and fluffy.
- Let it cool slightly, then mix in banana slices, walnuts, agave syrup, and cinnamon.
- Serve warm or at room temperature.

Nutrition per serving: Calories: 330, Fat: 9g, Carbs: 58g, Protein: 7g, Fiber: 6g

1. Hemp Seed Porridge

Preparation Time: 5 minutes | Cooking Time: 10 minutes | Serving: 2
What you need:

- ½ cup hemp seeds
- 2 cups homemade almond milk
- 1 tablespoon agave syrup
- ½ teaspoon cinnamon
- Fresh berries for topping

How to Make It:

- In a pot, combine hemp seeds and almond milk. Cook over medium heat, stirring frequently, until thickened.
- Stir in agave syrup and cinnamon.
- Top with fresh berries before serving.

Nutrition per serving: Calories: 278, Fat: 18g, Carbs: 20g, Protein: 13g, Fiber: 3g

1. Alkaline Fruit Salad

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 1 cup chopped apples
- 1 cup chopped papaya
- ½ cup grapes
- Juice of 1 lime
- Fresh mint leaves for garnish

How to Make It:

- Combine apples, papaya, and grapes in a bowl.
- Drizzle with lime juice and toss gently.

- Garnish with fresh mint leaves.

Nutrition per serving: Calories: 120, Fat: 0.5g, Carbs: 31g, Protein: 1g, Fiber: 5g

1. Soursop Smoothie

Preparation Time: 5 minutes | Serving: 1

What you need:

- 1 cup soursop pulp
- 1 ripe banana
- 1 cup homemade almond milk
- 1 tablespoon agave syrup

How to Make It:

- Blend all ingredients until smooth and creamy.
- Serve chilled.

Nutrition per serving: Calories: 245, Fat: 3g, Carbs: 52g, Protein: 3g, Fiber: 5g

1. Spelt and Almond Muffins

Preparation Time: 10 minutes | Cooking Time: 20 minutes | Serving: 6 muffins

What you need:

- 1 ½ cups spelt flour
- ½ cup ground almonds
- 1 teaspoon baking powder
- ¼ cup grapeseed oil
- ½ cup homemade almond milk
- ¼ cup agave syrup

How to Make It:

- Preheat oven to 350°F (175°C) and line a muffin tin with paper liners.

- In a bowl, mix spelled flour, ground almonds, and baking powder.
- In another bowl, whisk together grapeseed oil, almond milk, and agave syrup.
- Combine wet and dry ingredients and mix until just combined.
- Spoon batter into muffin tins and bake for 20 minutes.

Nutrition per muffin: Calories: 215, Fat: 11g, Carbs: 26g, Protein: 5g, Fiber: 4g

1. Spicy Chickpea Stew

Preparation Time: 10 minutes | Cooking Time: 30 minutes | Serving: 4
What You Need:

- 2 cups cooked chickpeas
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can of coconut milk
- 2 tsp turmeric
- 1 tsp cayenne pepper
- 1 tbsp olive oil
- Sea salt to taste

How to Make It:

- In a pot, heat olive oil over medium heat. Add onion and garlic, and sauté until soft.
- Add turmeric and cayenne pepper, and stir for a minute.
- Add chickpeas and coconut milk. Bring to a simmer.
- Cook for 20-25 minutes until thickened.
- Season with sea salt.

Nutrition per Serving: Calories: 295, Fat: 15g, Carbs: 33g, Protein: 10g, Fiber: 9g

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LUNCH

1. Veggie Balls in Tomato Sauce

Preparation time: 20 minutes| Cooking time: 15 minutes| Servings: 8

What you need:

- 1½ cups cooked chickpeas
- 2 cups fresh button mushrooms
- ½ cup onions, chopped
- ¼ cup green bell peppers, seeded and chopped
- 2 teaspoons oregano
- 2 teaspoons fresh basil
- 1 teaspoon savory
- 1 teaspoon dried sage
- 1 teaspoon dried dill
- 1 tablespoon onion powder
- ½ teaspoon cayenne powder
- ½ teaspoon ginger powder
- Sea salt, as needed
- ½–1 cup chickpea flour
- 6 cups homemade tomato sauce
- 2 tablespoons grapeseed oil

How to Make It:

- In a food processor, add the chickpeas, veggies, herbs, and spices and pulse until well combined.

- Transfer the mixture into a large bowl with flour and mix until well combined.

- Make desired-sized balls from the mixture.

- In a skillet, heat the grapeseed oil over medium-high heat and cook the balls in 2 batches for about 4–5 minutes or until golden brown from all sides.

- In a large pan, add the tomato sauce and veggie balls over medium heat and simmer for about 5 minutes.

- Serve hot.

Nutrition Per serving: Calories: 247kcal; Fat: 6.6g; Carbs: 38.8g; Protein: 11.8g

1. **Mushroom Curry**

Preparation time: 15 minutes| Cooking time: 25 minutes| Servings: 4
What you need:

- 2 cups plum tomatoes, chopped
- 2 tablespoons grapeseed oil
- 1 small onion, chopped finely
- 1⁄4 teaspoon cayenne powder
- 4 cups fresh button mushrooms, sliced
- 11⁄4 cups spring water
- 1⁄4 cup unsweetened coconut milk
- Sea salt, as needed

How to Make It:

- In a food processor, add the tomatoes and pulse until smooth paste forms.

- In a pan, heat the oil over medium heat and sauté the onion for about 5–6 minutes.

- Add the tomato paste and cook for about 5 minutes.

- Stir in the mushrooms, water, and coconut milk and bring to a boil.

- Cook for about 10–12 minutes, stirring occasionally.

- Season with the salt and remove from the heat.

- Serve hot.

Nutrition Per serving: Calories: 133kcal; Fat: 10.8g; Carbs: 8.3g; Protein: 3.5g

1. Veggie Medley

Preparation Time: 5 minutes| Cooking Time: 10 minutes| serving: 2

What you need:

- 1 bell pepper, any color, seeded and sliced
- Juice of 1⁄2 a lime
- 2 tablespoons fresh cilantro
- 1⁄2 teaspoon cumin
- 1 teaspoon sea salt
- 1 jalapeno, chopped
- 1⁄2 cup zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1⁄2 cup mushrooms, sliced
- 1 cup broccoli florets, cooked
- 1 sweet onion, chopped

How to Make It:

- Spray a non-stick pan with cooking spray and place it over medium heat.

- Add the onion, broccoli, bell pepper, tomatoes, zucchini, mushrooms and jalapeno. Cook for 7 minutes, or until desired doneness is reached. Stir occasionally.

- Stir in the cumin, cilantro, and salt. Cook for 3 minutes while stirring.

- Remove pan from heat, then add the lime juice.

- Divide between serving plates, serve, and enjoy!

Nutrition per serving: Calories: 86 Fat: 0.07g Carbs: 17.4g Protein: 4.1g Fiber: 5.1g

1. Spelt pasta

What you need:

- 2½ cups or 10 ounces whole spelt flour
- ½ teaspoon sea salt
- 2 tablespoons olive oil
- 3 to 6 tablespoons of spring water

How to Make It:

- Make a mound of spelled flour and sprinkle the sea salt on the surface.
- Make a hole at the center and then pour the mix of oil and only 3 tablespoons of water.
- Now, mix the flour gently and knead the dough while adding water (1 tablespoon at a time) if needed to make a soft ball of dough.
- Make sure the dough is flexible and smooth by continuously kneading for about 10 minutes.
- Cut the dough and form it into balls cover the dough and leave at room temperature for about 60 minutes.
- Take a quarter of the dough flatten the shape and roll the dough through a pasta machine. This would make the dough long.
- Cut the dough according to the size of noodles you want and allow the pasta to cool and rack. (Repeat steps 6 and 7 for the remaining dough).
- Get a hollow pot and pour salted water to cook the pasta.
- Add the pasta and immediately stir to avoid sticking.
- Boil for 4 minutes till the pasta is tender.
- Your pasta is ready

1. Veggie Portobello Burgers

Preparation time: 10 minutes| Cooking time: 20 minutes| servings 2

What you need:

- 2 Portobello mushroom caps
- ½ of avocado, sliced
- 1 cup purslane

- 2 teaspoons dried basil
- 2 tablespoons olive oil
- 1⁄4 teaspoon salt
- 1 teaspoon dried oregano
- 1⁄2 teaspoon cayenne pepper

How to Make It:

- Switch on the oven, then set it to 425 degrees F and let it preheat.
- Prepare the marinade and for this, take a small bowl, pour in oil, add cayenne pepper, onion powder, oregano, and basil and then stir until mixed.
- Take a cookie sheet, line it with foil, brush with oil, place mushroom caps on it, evenly pour the marinade over mushroom caps and then let them marinate for 10 minutes.
- Then bake the mushroom caps for 20 minutes, flipping halfway, until tender and cooked.
- When done, place mushroom caps on two plates, top the caps with avocado and purslane evenly and then serve.

Nutrition Per serving: Calories: 354kcal; Fat: 32g; Carbs: 14g; Protein: 4g

1. Stuffed Bell Peppers

Preparation Time: 20 minutes | Cooking Time: 30 minutes | Serving: 4

What You Need:

- 4 bell peppers, tops cut off and seeded
- 1 cup quinoa, cooked
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1/2 cup tomato sauce
- 1 tsp cumin
- 1 tsp paprika
- 2 tbsp olive oil

- Sea salt and black pepper to taste

How to Make It:

- Preheat oven to 350°F (175°C).
- In a bowl, mix quinoa, black beans, corn, tomato sauce, cumin, paprika, salt, and pepper.
- Stuff the bell peppers with the quinoa mixture.
- Place in a baking dish, drizzle with olive oil, and bake for 30 minutes.

Nutrition per Serving: Calories: 289, Fat: 8g, Carbs: 48g, Protein: 10g, Fiber: 10g

1. Lentil and Vegetable Stew

Preparation Time: 15 minutes | Cooking Time: 40 minutes | Serving: 4
What You Need:

- 2 cups lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cups vegetable broth
- 2 tsp cumin
- 2 tbsp olive oil
- Sea salt and black pepper to taste

How to Make It:

- In a large pot, heat olive oil. Add onions, carrots, and celery; sauté until soft.
- Add lentils, cumin, and vegetable broth.
- Bring to a boil, then reduce heat and simmer until lentils are tender.
- Season with sea salt and black pepper.

Nutrition per Serving**:** Calories: 255, Fat: 5g, Carbs: 40g, Protein: 15g, Fiber: 18g

1. Mango and Kale Smoothie Bowl

Preparation Time: 10 minutes | Cooking Time: 0 minutes | Serving: 2

What You Need:

- 2 cups kale, stems removed
- 1 ripe mango, peeled and diced
- 1 banana
- 1/2 cup coconut water
- 1 tbsp flaxseeds
- Toppings: Sliced almonds, fresh berries

How to Make It:

- In a blender, combine kale, mango, banana, coconut water, and flaxseeds. Blend until smooth.
- Pour into bowls and top with sliced almonds and fresh berries.

Nutrition per Serving**:** Calories: 200, Fat: 3g, Carbs: 42g, Protein: 5g, Fiber: 7

1. Kamut Pasta with Alkaline Pesto

Preparation Time: 15 minutes | Cooking Time: 10 minutes | Serving: 4

What You Need:

- 8 oz kamut pasta
- 1 cup fresh basil leaves
- 1/4 cup walnuts
- 2 cloves garlic
- 1/4 cup olive oil
- Sea salt and black pepper to taste

How to Make It:

- Cook kamut pasta according to package instructions.

- In a food processor, blend basil, walnuts, garlic, and olive oil until smooth.
- Toss the cooked pasta with the pesto.
- Season with sea salt and black pepper.
- Serve and enjoy!

Nutrition per serving: Calories: 350, Fat: 18g, Carbs: 40g, Protein: 10g, Fiber: 6g

1. Spicy Garbanzo Bean Bowl

Preparation Time: 10 minutes | Cooking Time: 5 minutes | Serving: 4
What You Need:

- 2 cups garbanzo beans, cooked
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 1/4 teaspoon cayenne pepper
- 1 teaspoon paprika
- 2 tablespoons grapeseed oil
- Sea salt to taste

How to Make It:

- In a skillet, heat grapeseed oil over medium heat.
- Sauté onion and bell peppers until soft.
- Add garbanzo beans, cayenne pepper, paprika, and sea salt. Cook for 5 minutes.
- Serve and enjoy!

Nutrition per serving: Calories: 210, Fat: 7g, Carbs: 30g, Protein: 8g, Fiber: 8g

1. Alkaline Electric Spring Rolls

Preparation Time: 20 minutes | No Cooking | Serving: 4 What You Need:

- 8 rice paper wrappers
- 2 cups shredded purple cabbage
- 1 cup shredded carrots
- 1 cucumber, julienned
- 1 avocado, sliced
- 1 bunch fresh cilantro
- 1 tablespoon sesame seeds
- 1/4 cup almond butter for dipping

How to Make It:

- Fill a large bowl with warm water. Dip one rice paper wrapper into the water for 20 seconds until soft.
- Lay the wrapper flat and place a handful of cabbage, carrots, cucumber, avocado, and cilantro in the center.
- Sprinkle with sesame seeds, then roll tightly, tucking in the sides.
- Repeat with remaining wrappers and filling.
- Serve with almond butter for dipping.

Nutrition per serving: Calories: 210, Fat: 9g, Carbs: 28g, Protein: 5g, Fiber: 5g

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DINNER

1. Veggies Burgers

Preparation time: 15 minutes| Cooking time: 20 minutes| Servings: 4

What you need:

- 1⁄2 cup fresh kale, tough ribs removed and chopped
- 1⁄2 cup green bell peppers, seeded and chopped
- 1⁄2 cup onions, chopped
- 1 plum tomato, chopped
- 2 teaspoons fresh oregano, chopped
- 2 teaspoons fresh basil, chopped
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- 1⁄2 teaspoon ginger powder
- 1⁄2 teaspoon cayenne powder
- Sea salt, as needed
- 1 cup chickpeas flour
- 1⁄4–1⁄2 cup spring water
- 2 tablespoons grapeseed oil
- 4 cups fresh arugula

How to Make It:

- In a bowl, add all vegetables, herbs, spices, and salt and mix well.

- Add the flour and mix well.

- Slowly add the water and mix until a thick mixture is formed.

- Make desired-sized patties from the mixture.

- In a skillet, heat the grapeseed oil over medium-high heat and cook the patties for about 2–3 minutes per side.

- Divide the arugula onto serving plates and top each with 2 burgers.

- Serve immediately.

Per serving: Calories: 177kcal; Fat: 8.7g; Carbs: 19.2g; Protein: 6.6g

1. Jackfruit Vegetable Fry

Preparation Time: 5 minutes| Cooking Time: 5 minutes| serving: 6
What you need:

- 2 small onions, finely chopped
- 2 cups cherry tomatoes, finely chopped
- 1/8 teaspoon ground turmeric
- 1 tablespoon olive oil
- 2 red bell peppers, seeded and chopped
- 3 cups firm jackfruit, seeded and chopped
- 1/8 teaspoon cayenne pepper
- 2 tablespoons fresh basil leaves, chopped
- Salt, to taste

How to Make It:

- Sauté onions and bell peppers in a greased skillet for 5 minutes. Stir in tomatoes and cook for 2 minutes.

- Add turmeric, salt, cayenne pepper, and jackfruit. Cook for 8 minutes.

- Garnish with basil leaves. Serve warm.

Nutrition per serving: Calories: 236, Fat: 1.8g, Carbs: 48.3g, Protein: 7g, Fiber: 0.6g

1. Spiced Okra

Preparation time: 10 minutes| Cooking time: 13 minutes| Servings: 2
What you need:

- 1 tablespoon avocado oil
- 3⁄4 pound okra pods, trimmed and cut into 2-inch pieces
- 1⁄2 teaspoon ground cumin
- 1⁄2 teaspoon cayenne powder
- Sea salt, as needed

How to Make It:

- In a skillet, heat the avocado oil over medium heat and stir-fry the okra for about 2 minutes.

- Now, adjust the heat to low and cook covered for about 6–8 minutes, stirring occasionally.

- Add the cumin, and cayenne powder, and salt and stir to combine.

- Now, adjust the heat to medium and cook uncovered for about 2–3 minutes more.

- Remove from the heat and serve hot.

Nutrition Per serving: Calories: 81kcal; Fat: 1.4g; Carbs: 13.5g; Protein: 3.5g

1. Teriyaki Steak Skillet

What you need:

- 1 (8-ounce) box dry rice noodles

- 2 tablespoons rice vinegar

- 2 tablespoons Teriyaki sauce

- 1 tablespoon soy sauce

- 1 tablespoon fresh lime juice

- 2 tablespoons sesame oil, divided
- 1 tablespoon honey
- 1 tablespoon minced ginger
- 1 teaspoon minced garlic
- 1/4 teaspoon red pepper flakes
- 1 (12-ounce) ribeye steak
- 1/2 teaspoon salt
- 1 cup pea shoots Garnishes: sliced jalapeno peppers, sliced red and green Thai chilies, cilantro leaves, basil leaves, sliced green onions

How to Make It:

- Prepare rice noodles according to package directions. Drain and set aside.
- In a medium bowl, combine rice vinegar, Teriyaki sauce, soy sauce, lime juice, 1 tablespoon sesame oil, honey, ginger, garlic and red pepper flakes. Set sauce aside.
- In a large cast-iron skillet, heat vegetable and remaining sesame oil over medium-high heat. Sprinkle steak with salt and pepper on both sides.
- Add steak and sear each side for 2-3 minutes, or until desired degree of doneness. Remove from heat and let rest 10 minutes on a cutting board.
- Thinly slice steak against the grain.
- Add drained noodles to skillet just to warm through. Top with sliced steak and pea shoots. Drizzle with sauce and top with

garnishes, if desired.

1. **Hemp Seed Porridge**

Preparation Time: 5 minutes| Cooking Time: 5 minutes | serving: 6
What you need:

- 3 cups cooked hemp seed
- 1 packet Stevia
- 1 cup coconut milk

How to Make It:

- Combine the rice and coconut milk in a saucepan over medium heat for 5 minutes. Make sure to stir constantly.

- Remove the pan from the heat and stir in the Stevia.

- Divide among 6 bowls.

- Serve and Enjoy!

Nutrition per serving: Calories: 236Fat: 1.8gCarbs: 48.3gProtein: 7gFiber: 0.6g

1. **Pickle Chicken Chowder**

What you need:

- 4 ounces thick-cut bacon, chopped
- 1 cup baby carrots, sliced
- 2 celery stalks with leaves, chopped
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 jalapeño pepper, seeded and chopped
- 1/2 medium red bell pepper, chopped
- 1 1/2 teaspoon kosher salt, divided
- 2 tablespoons all-purpose flour
- 4 cups unsalted chicken stock

- 1/4 cup plus 1 Tbsp. juice from jar of dill pickles
- 12 ounces small red potatoes, chopped
- 1 rotisserie chicken, skin removed and shredded (about 3 cups)
- 6 ounces sharp white cheddar cheese, shredded (1 1/2 cups)
- 1 cup heavy cream
- 1/2 cup dill pickles, chopped
- 1/8 teaspoon cayenne pepper

How to Make It:

- Place bacon in a Dutch oven over medium; cook, stirring occasionally, until crisp, 8 to 10 minutes.

- Remove bacon with a slotted spoon, reserving drippings in Dutch oven; drain on paper towels. Add carrots, celery, and onion to drippings in Dutch oven; cook, stirring constantly, until onions begin to soften, about 2 minutes.

- Add garlic, jalapeño, bell pepper and 1 teaspoon of the salt; cook, stirring occasionally, until vegetables are slightly softened, about 4 minutes.

- Stir in flour and cook, stirring constantly, 1 minute. Add stock and 1/4 cup of the pickle juice and stir, scraping bottom of Dutch oven to loosen browned bits.

- Add potatoes and bring mixture to a boil over medium-high. Reduce heat to medium-low, cover, and simmer until potatoes are tender, about 15 minutes.

- Uncover Dutch oven and add chicken, cheese, and cream; stir until cheese is melted and soup returns to a simmer.

- Stir in pickles, cayenne pepper, remaining 1/2 teaspoon salt, remaining 1 tablespoon pickle juice, and bacon.

1. Spiced Chickpea Wraps

Preparation Time: 10 minutes | Cooking Time: 10 minutes | Serving: 4

What You Need:

- 2 cups chickpeas, cooked
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 4 spelt tortillas
- 1 cup mixed greens
- 1 tomato, sliced
- 1 cucumber, sliced
- Sea salt to taste

How to Make It:

- Toss chickpeas with paprika, garlic powder, and a pinch of sea salt.
- Heat a skillet over medium heat and lightly toast the spelled tortillas.
- On each tortilla, place an even amount of mixed greens, tomato slices, cucumber slices, and seasoned chickpeas.
- Roll up the tortillas tightly and cut in half.
- Serve and enjoy!

Nutrition per serving: Calories: 180, Fat: 3g, Carbs: 32g, Protein: 8g, Fiber: 6g

1. Alkaline Veggie Stir-Fry

Preparation Time: 15 minutes | Cooking Time: 10 minutes | Serving: 4

What You Need:

- 1 tablespoon grapeseed oil
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon Bragg's liquid aminos

- 1 teaspoon ginger, grated
- 1/4 teaspoon cayenne pepper

How to Make It:

- Heat grapeseed oil in a large skillet over medium-high heat.
- Add garlic and ginger, and sauté for 1 minute.
- Add bell pepper, zucchini, broccoli, and onion. Stir-fry for about 7 minutes.
- Drizzle Bragg's liquid aminos and sprinkle cayenne pepper. Stir well.
- Cook for another 2-3 minutes until vegetables are tender but crisp.
- Serve and enjoy!

Nutrition per serving: Calories: 100, Fat: 4g, Carbs: 14g, Protein: 3g, Fiber: 3g

1. Wild Rice & Mushroom Pilaf

Preparation Time: 5 minutes | Cooking Time: 45 minutes | Serving: 4
What You Need:

- 1 cup wild rice
- 2 1/2 cups spring water
- 1 cup mushrooms, sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon grapeseed oil
- Sea salt and black pepper to taste

How to Make It:

- Rinse wild rice under cold water.
- In a pot, bring spring water to a boil, add rice, reduce heat, cover, and simmer for 45 minutes.
- In a skillet, heat grapeseed oil over medium heat. Sauté onion, garlic, and mushrooms until onions are translucent.
- Fluff the cooked wild rice and mix it with the sautéed mushrooms and onions.

- Season with sea salt and black pepper.
- Serve and enjoy!

Nutrition per serving: Calories: 165, Fat: 3.5g, Carbs: 30g, Protein: 6g, Fiber: 3g

1. Bell Pepper & Tomato Bake

Preparation time: 15 minutes| Cooking time: 35 minutes| Servings: 6

What you need:

Herb Sauce

- 4 garlic cloves, chopped
- 1⁄2 cup fresh parsley, chopped
- 1⁄2 cup fresh basil, chopped
- 3 tablespoons avocado oil
- 2 tablespoons fresh key lime juice
- 1⁄2 teaspoon ground cumin
- 1⁄2 teaspoon cayenne powder
- Sea salt, as needed

Veggies

- 2 large red bell peppers, seeded and sliced
- 2 large yellow bell peppers, seeded and sliced
- 1 pound plum tomatoes, cut into 8 wedges
- 2 tablespoons avocado oil

How to Make It:

- Preheat your oven to 350oF.
- Lightly grease a large shallow baking dish.
- For the sauce: Add all ingredients to a food processor and pulse on high speed until smooth.
- In a large bowl, add the bell peppers, sauce, and herb sauce and gently toss to coat.

- Place the bell pepper mixture into the prepared baking dish and drizzle with oil.
- With a large piece of foil, cover the baking dish.
- Bake for approximately 35 minutes.
- Uncover the baking dish and bake for approximately 20–30 minutes more.
- Serve hot.

Nutrition Per serving: Calories: 61kcal; Fat: 2g; Carbs: 10.8g; Protein: 2g

1. Vegetable Fajitas

Preparation time: 10 minutes| Cooking time: 8 minutes| servings 2
What you need:

- 2 Portobello mushroom caps, 1/3-inch sliced
- 3⁄4 of red bell pepper, sliced
- 1⁄2 of onion, peeled, sliced
- 1⁄2 of key lime, juiced
- 2 spelt flour tortillas
- 1/3 teaspoon salt
- 1⁄4 teaspoon cayenne pepper
- 1⁄4 teaspoon onion powder
- 1 tablespoon grapeseed oil

How to Make It:

- Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and red pepper, and then cook for 2 minutes until tender-crisp.
- Add mushroom slices, sprinkle with all the seasoning, stir until mixed, and then cook for 5 minutes until vegetables turn soft.

- Heat the tortilla until warm, distribute vegetables in their center, drizzle with lime juice, and then roll tightly.

- Serve straight away.

Nutrition Per serving: Calories: 337kcal; Fat: 3.7g; Carbs: 74g; Protein: 3g

1. **Taco Mac & Cheese**

What you need:

- 12 ounces uncooked elbow pasta
- 1 pound 80/20 ground chuck
- 1 cup chopped yellow onion (from 1 onion)
- 1/2 cup chopped red bell pepper (from 1 bell pepper)
- 1 (8-oz.) pkg. ground beef taco skillet sauce with mild red chile and cumin (such as Frontera Brand)
- 2 (8-oz.) blocks Monterey Jack cheese, shredded (about 4 cups)
- 4 ounces mild Cheddar cheese, shredded (about 1 cup)
- 1/2 cup (4 oz.) unsalted butter
- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 1 teaspoon kosher salt
- 3 cups whole milk

Toppings:

- sour cream,
- halved cherry tomatoes,

- thinly sliced fresh jalapeños,
- fresh cilantro leaves

How to Make It:

- Preheat oven to 350°F. Prepare pasta according to to package directions, cooking to al dente; drain well, and set aside.

- Combine ground beef, onion, and bell pepper in a large Dutch oven over medium-high. Cook, stirring often, until beef is thoroughly cooked and onions and peppers are soft, 10 to 12 minutes.

- Remove from heat, and drain off any liquid. Stir in taco sauce and cooked pasta.

- Toss together shredded cheeses in a medium bowl; reserve 1 1/2 cups of the cheese mixture.

- Melt butter in a large saucepan over low; whisk in flour and salt until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; increase heat to medium, and cook, whisking constantly, until milk mixture is thickened and bubbly, 7 to 8 minutes.

- Stir sauce into pasta mixture. Stir in remaining 3 1/2 cups of cheese. Spoon mixture into a lightly greased (with cooking spray) 12-inch ovenproof skillet or a lightly greased (with cooking spray) 13- x 9-inch baking dish. Top evenly with reserved 1 1/2 cups cheese.

- Bake in preheated oven until bubbly and golden brown, 35 to 40 minutes. Serve immediately with desired toppings.

1. Mushroom and Quinoa Stuffed Acorn Squash

Preparation Time: 20 minutes | Cooking Time: 40 minutes | Serving: 4
What You Need:

- 2 acorn squashes, halved and seeded
- 1 cup quinoa, cooked
- 1 cup chopped mushrooms
- 1/2 cup chopped red onions
- 2 cloves garlic, minced
- 2 tablespoons grapeseed oil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons chopped parsley

How to Make It:

- Preheat oven to 375°F (190°C).
- Place acorn squash halves on a baking sheet, and cut side up.
- In a skillet, heat grapeseed oil and sauté onions, garlic, and mushrooms until tender.
- Stir in cooked quinoa, salt, and pepper.
- Spoon the quinoa mixture into squash halves.
- Bake for 40 minutes or until squash is tender.
- Garnish with parsley before serving.

Nutrition per serving: Calories: 275, Fat: 7g, Carbs: 50g, Protein: 6g, Fiber: 8g

1. Alkaline Vegetable Soup

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Serving: 4

What You Need:

- 4 cups vegetable broth
- 1 cup chopped kale
- 1 cup diced butternut squash
- 1/2 cup chopped carrots
- 1/2 cup chopped zucchini
- 1/2 cup diced tomatoes
- 1 diced onion
- 2 cloves garlic, minced
- 2 tablespoons grapeseed oil

- 1 teaspoon sea salt
- 1/2 teaspoon thyme

How to Make It:

- In a large pot, heat grapeseed oil and sauté onions and garlic until translucent.
- Add butternut squash, carrots, zucchini, and tomatoes. Cook for 5 minutes.
- Pour in vegetable broth and bring to a boil.
- Reduce heat, add kale, salt, and thyme. Simmer for 20 minutes.
- Serve hot, and enjoy a comforting bowl of nutrient-rich soup.

Nutrition per serving: Calories: 115, Fat: 7g, Carbs: 13g, Protein: 2g, Fiber: 3g

1. Butternut Squash and Amaranth Stew

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Serving: 4
What You Need:

- 1 medium butternut squash, peeled and cubed
- 1 cup amaranth
- 4 cups vegetable broth
- 1 diced onion
- 2 cloves garlic, minced
- 2 tablespoons grapeseed oil
- 1 teaspoon sea salt
- 1/2 teaspoon paprika
- 1/4 cup chopped cilantro for garnish

How to Make It:

- In a large pot, heat grapeseed oil and sauté onions and garlic until soft.
- Add butternut squash, amaranth, vegetable broth, sea salt, and paprika.
- Bring to a boil, then simmer for 20-25 minutes until amaranth is cooked and squash is tender.
- Garnish with cilantro and serve this hearty and healthy stew.

Nutrition per serving: Calories: 245, Fat: 7g, Carbs: 42g, Protein: 6g, Fiber: 7g

1. Green Stir-Fry with Spelt Noodles

Preparation Time: 15 minutes | Cooking Time: 20 minutes | Serving: 4
What You Need:

- 8 oz spelt noodles
- 2 cups chopped kale
- 1 cup sliced bell peppers
- 1 cup broccoli florets
- 1/2 cup snow peas
- 2 tablespoons grapeseed oil
- 2 cloves garlic, minced
- 1 tablespoon Bragg's Liquid Aminos
- 1 teaspoon sea salt

How to Make It:

- Cook spelt noodles according to package instructions, and set aside.
- In a large skillet, heat grapeseed oil. Sauté garlic, then add kale, bell peppers, broccoli, and snow peas.
- Stir in Bragg's Liquid Aminos and sea salt.
- Toss in the cooked spelled noodles until well combined.
- Serve this vibrant and nutrient-packed stir-fry.

Nutrition per serving: Calories: 320, Fat: 8g, Carbs: 56g, Protein: 11g, Fiber: 8g

1. Roasted Eggplant with Quinoa Tabbouleh

Preparation Time: 20 minutes | Cooking Time: 30 minutes | Serving: 4
What You Need:

- 2 large eggplants, sliced into rounds
- 1 cup quinoa, cooked
- 1 cup chopped parsley

- 1/2 cup diced tomatoes
- 1/4 cup diced cucumber
- 1/4 cup lemon juice
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

How to Make It:

- Preheat oven to 400°F (200°C).
- Arrange eggplant slices on a baking sheet, drizzle with 1 tablespoon olive oil, and sprinkle with salt and pepper.
- Roast for 25-30 minutes until tender.
- In a bowl, combine quinoa, parsley, tomatoes, cucumber, lemon juice, remaining olive oil, sea salt, and pepper.
- Serve roasted eggplant topped with quinoa tabbouleh.

Nutrition per serving: Calories: 275, Fat: 10g, Carbs: 42g, Protein: 8g, Fiber: 11g

1. Alkaline Energy Balls

What You Need:

- 1 cup walnuts
- 1/2 cup dates, pitted
- 1/4 cup coconut flakes
- 2 tbsp hemp seeds

How to Make It:

- Blend walnuts and dates until sticky.
- Form into balls and roll in coconut and hemp seeds.
- Refrigerate before enjoying it as a quick snack.

1. Sea Moss Gel Pudding

What You Need:

- 1/2 cup sea moss gel
- 1 ripe banana
- 2 tbsp agave syrup
- 1 tsp vanilla extract

How to Make It:

- Blend all ingredients until smooth.
- Chill for an hour to set into a pudding.

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SNACKS & DESSERTS

1. Brazil nut and banana cookies

What you need:

- Scottish oats 200g (reserve 1⁄4 of the oats)
- 2 bananas (to be mashed)
- Buckwheat flour 30g (though the name is wheat, it is not a wheat grain and is gluten-free)
- 3 tablespoons sunflower seeds
- 11⁄2 tablespoons of flax seeds
- A handful of Brazil nuts (chopped)
- 200ml olive oil or sunflower oil
- 3 tablespoons maple syrup
- 1 teaspoon baking soda
- 1 1⁄2 teaspoons cinnamon (ground)
- 1 teaspoon of almond extract

How to Make It:

- Preheat oven to about 180 degrees Celsius.
- Put all ingredients in a deep bowl and mix to form a smooth dough.
- Then add the reserved oats and stir (for texture).
- Bake for 10 minutes if you prefer soft cookies.
- If you prefer more crisper cookies then bake for an additional 3 minutes.
- Then, bring it out from the oven and leave for about 15 minutes to cool. Your breakfast is served.

1. Crispy Sea Moss Chips

Preparation Time: 10 minutes | Dehydrating Time: 6 hours

What You Need:

- 2 cups fresh sea moss
- 1 tablespoon grapeseed oil

- Sea salt to taste

How to Make It:

- Rinse and pat dry the sea moss.
- Toss with grapeseed oil and sea salt.
- Spread on a dehydrator tray and dehydrate at 115°F for 6 hours or until crispy.
- Enjoy a crunchy, mineral-rich snack!

1. Soursop Smoothie Popsicles

Preparation Time: 10 minutes | Freezing Time: 4 hours
What You Need:

- 2 cups soursop pulp
- 1 cup coconut water
- 2 tablespoons agave syrup

How to Make It:

- Blend soursop pulp, coconut water, and agave syrup until smooth.
- Pour into popsicle molds and freeze for at least 4 hours.
- Enjoy a refreshing and hydrating treat!

1. Alkaline Trail Mix

Preparation Time: 5 minutes
What You Need:

- 1 cup walnuts
- 1 cup almonds
- 1/2 cup dried burro bananas (chopped)
- 1/2 cup dried coconut flakes
- 1/4 cup pumpkin seeds

How to Make It:

- Combine all ingredients in a bowl.

- Store in an airtight container for an on-the-go energy snack.

1. Spelt and Agave Cookies

Preparation Time: 15 minutes | Baking Time: 10 minutes
What You Need:

- 2 cups spelt flour
- 1/2 cup grapeseed oil
- 1/2 cup agave syrup
- 1 teaspoon vanilla extract
- Pinch of sea salt

How to Make It:

- Preheat oven to 350°F (175°C).
- Mix all ingredients to form a dough.
- Form into small balls and flatten on a baking sheet.
- Bake for 10 minutes or until golden.
- Enjoy a sweet, yet healthy treat!

1. Kale and Tahini Bites

Preparation Time: 10 minutes | Cooking Time: 5 minutes
What You Need:

- 2 cups chopped kale
- 2 tablespoons tahini
- Juice of 1 lemon
- Sea salt to taste

How to Make It:

- Massage kale with tahini, lemon juice, and sea salt.
- Roll into bite-sized balls.
- Enjoy a nutrient-packed, savory snack.

1. Hemp Seed Energy Bars

Preparation Time: 15 minutes | Chilling Time: 1 hour
What You Need:

- 1 cup hemp seeds
- 1/2 cup almond butter
- 1/4 cup agave syrup
- 1/4 cup crushed walnuts
- 2 tablespoons chia seeds

How to Make It:

- Mix all ingredients in a bowl.
- Press into a lined baking dish.
- Chill in the refrigerator for 1 hour, then cut into bars.
- An ideal snack for sustained energy.

1. Avocado and Tomato Salsa

Preparation Time: 10 minutes
What You Need:

- 2 ripe avocados, diced
- 1 cup diced tomatoes
- 1/4 cup chopped red onion
- Juice of 1 lime
- Sea salt and cayenne pepper to taste

How to Make It:

- Combine all ingredients in a bowl.
- Serve with homemade spelled tortilla chips for a satisfying snack.

1. Date and Almond Balls

Preparation Time: 15 minutes
What You Need:

- 1 cup almonds
- 1 cup pitted dates

- 1/4 teaspoon cinnamon

How to Make It:

- Blend almonds, dates, and cinnamon in a food processor until sticky.
- Roll into small balls.
- A sweet and nutritious bite-sized snack.

1. Cucumber and Dill Salad

Preparation Time: 10 minutes
What You Need:

- 2 large cucumbers, thinly sliced
- 2 tablespoons fresh dill, chopped
- Juice of 1 lemon
- Sea salt to taste

How to Make It:

- Toss cucumber slices with dill, lemon juice, and sea salt.
- Chill for 10 minutes before serving.
- A refreshing and hydrating snack option.

1. Sesame Seed Brittle

Preparation Time: 5 minutes | Cooking Time: 15 minutes
What You Need:

- 1 cup sesame seeds
- 1/2 cup agave syrup
- 1/4 teaspoon sea salt

How to Make It:

- In a pan, toast sesame seeds until golden.
- Add agave syrup and salt, stirring until thickened.
- Pour onto a parchment-lined tray and let cool.
- Break into pieces and enjoy a crunchy, sweet treat.

1. Savory Spelt Crackers

Preparation Time: 15 minutes | Baking Time: 20 minutes
What You Need:

- 2 cups spelt flour
- 1/3 cup grapeseed oil
- 1/2 cup water
- 1 teaspoon sea salt
- 1 teaspoon dried thyme

How to Make It:

- Preheat oven to 350°F (175°C).
- Mix spelled flour, sea salt, and thyme in a bowl.
- Add grapeseed oil and water to form a dough.
- Roll out the dough and cut into squares. Place on a baking sheet.
- Bake for 20 minutes or until crispy.
- Enjoy a crunchy, herby snack!

1. Berry Alkaline Smoothie

Preparation Time: 5 minutes
What You Need:

- 1 cup mixed berries (strawberries, blueberries, blackberries)
- 1 cup coconut water
- 1 tablespoon agave syrup

How to Make It:

- Blend berries, coconut water, and agave syrup until smooth.
- Serve chilled for a sweet, antioxidant-rich snack.

1. Stuffed Baby Bell Peppers

Preparation Time: 15 minutes
What You Need:

- 8 baby bell peppers, halved and deseeded
- 1 cup cooked quinoa
- 1/4 cup chopped cilantro
- 2 tablespoons lime juice
- Sea salt to taste

How to Make It:

- Mix cooked quinoa with cilantro, lime juice, and sea salt.
- Stuff each bell pepper half with the quinoa mixture.
- A delightful and colorful finger food snack.

1. Banana Walnut Bites

Preparation Time: 10 minutes
What You Need:

- 2 ripe bananas, sliced
- 1/2 cup crushed walnuts
- 1 tablespoon agave syrup

How to Make It:

- Dip banana slices in agave syrup, then roll in crushed walnuts.
- Place on a plate and freeze for 30 minutes.
- Enjoy a frozen, sweet treat with a nutty crunch.

1. Spicy Avocado Toast on Spelt Bread

Preparation Time: 5 minutes
What You Need:

- 2 slices spelt bread, toasted
- 1 ripe avocado, mashed
- Cayenne pepper to taste
- Sea salt to taste

How to Make It:

- Spread mashed avocado on toasted spelled bread.
- Sprinkle with cayenne pepper and sea salt.
- A simple yet satisfying snack.

1. Coconut Lime Energy Balls

Preparation Time: 15 minutes
What You Need:

- 1 cup shredded coconut
- 1/2 cup dates, pitted
- Zest and juice of 1 lime

How to Make It:

- Blend dates, coconut, lime zest, and juice in a food processor.
- Roll into small balls.
- Store in the refrigerator for a zesty, energizing snack.

1. Chia Seed Pudding with Almond Milk

Preparation Time: 5 minutes | Resting Time: 2 hours
What You Need:

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tablespoon agave syrup

How to Make It:

- Mix chia seeds, almond milk, and agave syrup in a bowl.
- Let it sit in the refrigerator for at least 2 hours or overnight.
- A creamy, nutritious snack or dessert.

1. Roasted Chickpeas with Sea Salt

Preparation Time: 5 minutes | Cooking Time: 40 minutes
What You Need:

- 2 cups cooked chickpeas
- 1 tablespoon grapeseed oil
- Sea salt to taste

How to Make It:

- Preheat oven to 375°F (190°C).
- Toss chickpeas with grapeseed oil and sea salt.
- Spread on a baking sheet and roast for 40 minutes, shaking halfway through.
- A crunchy, protein-packed snack.

1. Kamut Puffs with Agave and Cinnamon

Preparation Time: 5 minutes
What You Need:

- 2 cups Kamut puffs
- 2 tablespoons agave syrup
- 1/2 teaspoon cinnamon

How to Make It:

- In a bowl, drizzle agave syrup and sprinkle cinnamon over kamut puffs.
- Toss to coat evenly.
- A quick, sweet, and crunchy snack option.

1. Baked Plantain Chips

Preparation Time: 10 minutes | Cooking Time: 20 minutes
What You Need:

- 2 green plantains, thinly sliced
- 2 tablespoons grapeseed oil
- Sea salt to taste

How to Make It:

- Preheat oven to 350°F (175°C).
- Toss plantain slices with grapeseed oil and sea salt.
- Spread in a single layer on a baking sheet.
- Bake until crispy, about 20 minutes.
- A perfect alternative to conventional chips.

1. Burro Banana Pancakes

Preparation Time: 10 minutes | Cooking Time: 5 minutes per pancake
What You Need:

- 2 ripe burro bananas, mashed
- 1 cup spelt flour
- 1 cup almond milk
- 2 tablespoons agave syrup
- 1 teaspoon vanilla extract
- Grapeseed oil for cooking

How to Make It:

- Mix mashed bananas, spelled flour, almond milk, agave syrup, and vanilla.
- Heat a little grapeseed oil in a skillet.
- Pour batter to form small pancakes; cook until golden on each side.
- Serve these sweet, fluffy pancakes as a snack or breakfast treat.

1. Stuffed Dates with Almond Butter

Preparation Time: 10 minutes
What You Need:

- 10 medjool dates, pitted
- Almond butter
- A pinch of sea salt

How to Make It:

- Fill each date with almond butter.

- Sprinkle a tiny bit of sea salt on top.
- A perfect blend of sweet and savory for a quick snack.

1. Vegetable Nori Rolls

Preparation Time: 15 minutes
What You Need:

- 2 sheets nori
- 1 cup cooked quinoa
- 1/2 cucumber, julienned
- 1 carrot, julienned
- 1 avocado, sliced
- Soy-free sauce for dipping

How to Make It:

- Lay nori sheets flat, spread quinoa, and arrange cucumber, carrot, and avocado on top.
- Roll tightly and slice into pieces.
- Serve with soy-free sauce for a light, nutritious snack.

1. Wild Rice and Veggie Mini Cakes

Preparation Time: 15 minutes | Cooking Time: 30 minutes
What You Need:

- 2 cups cooked wild rice
- 1 cup grated zucchini
- 1/2 cup finely chopped onion
- 1/4 cup spelt flour
- 2 tablespoons grapeseed oil
- Sea salt and black pepper to taste

How to Make It:

- Mix wild rice, zucchini, onion, and spelled flour in a bowl. Season with salt and pepper.

- Form into small patties.
- Heat grapeseed oil in a pan and cook patties until golden brown on both sides.
- Serve these hearty mini cakes as a fulfilling snack.

1. Key Lime Avocado Mousse

Preparation Time: 10 minutes
What You Need:

- 2 ripe avocados
- Juice and zest of 2 key limes
- 1/4 cup agave syrup
- 1 teaspoon vanilla extract

How to Make It:

- Blend avocados, key lime juice and zest, agave syrup, and vanilla until smooth.
- Chill in the refrigerator for an hour.
- Enjoy this creamy, tangy mousse as a refreshing snack.

1. Herbed Brazil Nut Cheese

Preparation Time: 15 minutes | Soaking Time: 4 hours
What You Need:

- 1 cup Brazil nuts, soaked for 4 hours
- 1/4 cup water
- Juice of 1 lemon
- 1 clove garlic
- 1 tablespoon nutritional yeast
- 1/4 teaspoon sea salt
- 1 tablespoon mixed herbs (dill, chives, parsley)

How to Make It:

- Blend soaked Brazil nuts, water, lemon juice, garlic, nutritional yeast, and sea salt until smooth.
- Stir in mixed herbs.
- Serve with spelled crackers or sliced cucumbers.

1. Sesame Alkaline Brittle

Preparation Time: 5 minutes | Cooking Time: 15 minutes
What You Need:

- 1 cup sesame seeds
- 1/2 cup agave syrup
- 1/4 teaspoon sea salt

How to Make It:

- In a pan, toast sesame seeds until golden.
- Add agave syrup and sea salt, stirring until thickened.
- Pour onto a parchment-lined tray, let cool, then break into pieces.
- Enjoy this crunchy, sweet snack.

1. Fruit Leather with Mixed Berries

Preparation Time: 10 minutes | Dehydrating Time: 6-8 hours
What You Need:

- 2 cups mixed berries (strawberries, blueberries, raspberries)
- 2 tablespoons agave syrup

How to Make It:

- Puree berries and agave syrup until smooth.
- Spread thinly on a lined dehydrator tray.
- Dehydrate at 115°F for 6-8 hours, or until dry and pliable.
- Roll up and cut into pieces for a naturally sweet snack.

1. Zesty Quinoa & Kale Salad

Preparation Time: 15 minutes | Cooking Time: 20 minutes | Serving: 4

What You Need:

- 1 cup quinoa
- 2 cups water
- 4 cups chopped kale
- 1 diced avocado
- 1/2 cup chopped red bell pepper
- 1/4 cup freshly squeezed lime juice
- 2 tablespoons olive oil
- Sea salt to taste
- 1/4 teaspoon cayenne pepper

How to Make It:

- Rinse quinoa thoroughly and cook in water until fluffy.
- In a large bowl, combine cooked quinoa, kale, avocado, and bell pepper.
- Whisk together lime juice, olive oil, sea salt, and cayenne pepper.
- Pour the dressing over the salad and toss well.
- Serve and enjoy!

- Nutrition per serving: Calories: 240, Fat: 10g, Carbs: 33g, Protein: 8g, Fiber: 7g

1. Alkaline Veggie Stir-Fry

Preparation Time: 10 minutes | Cooking Time: 15 minutes | Serving: 4

What You Need:

- 2 cups sliced zucchini
- 1 cup sliced bell peppers
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 2 tablespoons grapeseed oil
- 2 cloves garlic, minced
- 1 tablespoon Bragg's Liquid Aminos
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper

How to Make It:

- Heat grapeseed oil in a large skillet over medium heat.
- Add garlic and sauté for 1 minute.
- Add all vegetables, liquid aminos, salt, and pepper.
- Stir-fry until vegetables are tender yet crisp.
- Serve hot and savor the flavors!

- Nutrition per serving: Calories: 110, Fat: 7g, Carbs: 10g, Protein: 3g, Fiber: 3g

1. Spicy Chickpea Avocado Wrap

Preparation Time: 10 minutes | Cooking Time: 5 minutes | Serving: 2
What You Need:

- 1 cup cooked chickpeas
- 1 ripe avocado, mashed
- 2 whole spelt tortillas
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sea salt
- 1/4 cup chopped red onion
- 1/4 cup chopped cilantro
- Juice of 1 lime

How to Make It:

- In a bowl, mix chickpeas, cayenne pepper, sea salt, and lime juice.
- Spread mashed avocado on tortillas.
- Top with the chickpea mixture, red onion, and cilantro.
- Roll up the tortillas tightly.
- Cut in half and serve for a refreshing and hearty meal.

- Nutrition per serving: Calories: 345, Fat: 15g, Carbs: 45g, Protein: 11g, Fiber: 13g

1. Sea Moss & Wild Rice Stuffed Peppers

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Serving: 4

What You Need:

- 4 large bell peppers, tops removed, seeded
- 1 cup wild rice, cooked
- 1/2 cup sea moss gel
- 1/2 cup chopped kale
- 1/4 cup diced tomatoes
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

How to Make It:

- Preheat oven to 350°F (175°C).
- In a bowl, mix wild rice, sea moss gel, kale, tomatoes, onion, garlic, salt, and pepper.
- Stuff each pepper with the rice mixture.
- Place in a baking dish and bake for 30 minutes.
- Serve warm with your favorite Dr. Sebi-approved sauce.

- Nutrition per serving: Calories: 200, Fat: 1g, Carbs: 42g, Protein: 8g, Fiber: 6

1. Alkaline Blueberry Sorbet

Preparation Time: 10 minutes | Freezing Time: 2 hours | Serving: 4

What You Need:

- 2 cups fresh or frozen blueberries
- 1/4 cup agave syrup
- 1 tablespoon freshly squeezed lime juice

How to Make It:

- Blend blueberries, agave syrup, and lime juice until smooth.
- Pour into a freezer-safe container and freeze until solid.

- Scoop and serve for a refreshing treat.

Nutrition per serving: Calories: 90, Fat: 0.5g, Carbs: 22g, Protein: 1g, Fiber: 2g

1. Avocado and Lime Pudding

Preparation Time: 10 minutes | Serving: 2
What You Need:

- 1 ripe avocado
- 1/4 cup agave syrup
- Juice of 1 lime
- 1/2 teaspoon vanilla extract

How to Make It:

- Blend all ingredients until smooth and creamy.
- Refrigerate for 30 minutes.
- Serve chilled for a creamy delight.

Nutrition per serving: Calories: 190, Fat: 10g, Carbs: 27g, Protein: 2g, Fiber: 5g

1. Spelt Flour Banana Muffins

Preparation Time: 15 minutes | Cooking Time: 25 minutes | Serving: 6
What You Need:

- 1 1/2 cups spelt flour
- 3 ripe bananas, mashed
- 1/4 cup coconut oil, melted
- 1/4 cup agave syrup
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt

How to Make It:

- Preheat oven to 350°F (175°C) and line a muffin tin with liners.

- Mix all ingredients until well combined.
- Fill muffin liners and bake for 25 minutes.
- Cool and enjoy a healthy, fluffy treat.

Nutrition per serving: Calories: 210, Fat: 8g, Carbs: 32g, Protein: 4g, Fiber: 4g

1. Raw Alkaline Apple Crisp

Preparation Time: 15 minutes | Serving: 4
What You Need:

- 3 apples, cored and thinly sliced
- 1/2 cup raw walnuts, chopped
- 1/4 cup agave syrup
- 1 teaspoon cinnamon

How to Make It:

- Layer apple slices in a serving dish.
- Mix walnuts, agave syrup, and cinnamon; sprinkle over apples.
- Chill for 1 hour and serve a refreshing, crunchy dessert.

Nutrition per serving: Calories: 180, Fat: 8g, Carbs: 27g, Protein: 2g, Fiber: 4g

1. Coconut Milk Raspberry Ice Cream

Preparation Time: 10 minutes | Freezing Time: 2 hours | Serving: 4
What You Need:

- 2 cups frozen raspberries
- 1 can full-fat coconut milk
- 1/4 cup agave syrup

How to Make It:

- Blend raspberries, coconut milk, and agave until smooth.
- Freeze in an airtight container until set.

- Scoop and serve a creamy, fruity dessert.

Nutrition per serving: Calories: 200, Fat: 12g, Carbs: 22g, Protein: 2g, Fiber: 3g

1. Date and Walnut Bars

Preparation Time: 20 minutes | Serving: 8
What You Need:

- 1 cup dates, pitted and chopped
- 1 cup raw walnuts, chopped
- 1/2 teaspoon cinnamon
- Pinch of sea salt

How to Make It:

- In a food processor, blend dates, walnuts, cinnamon, and salt until sticky.
- Press the mixture into a lined baking dish.
- Refrigerate for 1 hour, then cut into bars.

Nutrition per serving: Calories: 150, Fat: 8g, Carbs: 18g, Protein: 3g, Fiber: 3g

1. Agave-Sweetened Almond Cookies

Preparation Time: 15 minutes | Cooking Time: 10 minutes | Serving: 12
What You Need:

- 1 cup almond flour
- 1/4 cup coconut oil, melted
- 1/4 cup agave syrup
- 1/2 teaspoon sea salt
- 1/2 teaspoon vanilla extract

How to Make It:

- Preheat oven to 350°F (175°C).

- Mix all ingredients to form a dough.
- Shape into cookies and place on a baking sheet.
- Bake for 10 minutes until golden.

Nutrition per serving: Calories: 100, Fat: 8g, Carbs: 6g, Protein: 2g, Fiber: 1g

1. Spelt and Wild Berry Crumble

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Serving: 6
What You Need:

- 2 cups mixed wild berries
- 1 cup spelt flour
- 1/2 cup agave syrup
- 1/2 cup coconut oil
- 1 teaspoon cinnamon

How to Make It:

- Preheat oven to 350°F (175°C).
- Layer berries in a baking dish.
- Mix flour, agave, oil, and cinnamon to a crumbly texture; sprinkle over berries.
- Bake for 30 minutes until the top is golden.

Nutrition per serving: Calories: 280, Fat: 16g, Carbs: 34g, Protein: 3g, Fiber: 4g

1. Chia Seed and Coconut Pudding

Preparation Time: 10 minutes | Chilling Time: 1 hour | Serving: 4
What You Need:

- 1/4 cup chia seeds
- 1 can full-fat coconut milk
- 1/4 cup agave syrup
- 1/2 teaspoon vanilla extract

How to Make It:

- Whisk together coconut milk, agave, and vanilla.
- Stir in chia seeds.
- Refrigerate for 1 hour or until set.

Nutrition per serving: Calories: 250, Fat: 18g, Carbs: 20g, Protein: 3g, Fiber: 5g

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SOUPS, STEWS, DIPS, AND SAUCE

1. Broccoli soup

What you need:

- 1 tablespoon of olive oil,
- 1 zucchini (when chopped should be about 1 cup),
- 2 carrots (when chopped should be about 1 cup),
- 1⁄2 onion (chopped),
- 2 garlic cloves (minced),
- 6 cup broccoli florets,
- 1⁄2 cup raw cashew nuts,
- 2 cups vegetable broth,
- Spring water (2 cups),
- 1 or 2 cups almond milk,
- 1 cup nutritional yeast,
- 2 tablespoons lemon juice,
- 1⁄2 tablespoon sea salt and pepper.

How to Make It:

- Pour olive oil into a pan and then heat it up

- Add zucchini, onion, carrots, and garlic to the hot olive oil and cook till the garlic is fragrant.

- Add pepper and salt to season.

- Now, add broccoli, vegetable broth, raw cashews, and water.

- Then transfer the mixture to a deep pot and reduce heat to just a simmer. Cover and leave on simmering heat for 20 minutes to allow the broccoli to get soft.

- Take the pot off the heat and allow it to get cold.

- Then pour the mixture into a blender. You may need to blend in batches depending on the size of your blender.

- After blending, pour back into the pot and add yeast, almond milk, and lemon juice and stir.

- Taste and if need be, add sea salt and pepper. Your soup is ready!

1. Ginger and turmeric carrot soup

What you need:

- 1 tablespoon of oil (olive or coconut),

- 1 cleaned leek (sliced),

- 1 cup fennel (chopped),

- 3 cups carrots (chopped),

- 1 cup butternut squash (chopped) or more carrots (if butternut is not available),

- 2 garlic (minced),

- 1 tablespoon of ginger (grated),

- 1 tablespoon turmeric powder,

- Sea salt and pepper,

- 3 cups vegetable broth with low sodium,

- 1 can of coconut milk.

How to Make It:

- First, heat oil either using a saucepan or an oven.

- Then add leeks, fennel, squash, and carrots to the oil and leave for about 4 minutes to allow the veggies to get soft.

- Now add ginger, garlic, turmeric, pepper, and sea salt. Then leave to fry for a few minutes.

- Pour mixture into a deep pot add coconut milk and broth and stir. Again leave 20 minutes on low heat.

- Take the pot off the stove and allow it to cool before pouring it into a blender jar to blend till it gets creamy.

- Taste and add seasonings if necessary.

1. Taco Dip

What you need:

- 12 ounces cream cheese, at room temperature

- 1 1/2 cups sour cream (about 12 oz.)

- 1 (1-oz.) envelope taco seasoning mix

- 1 (15-oz.) can black beans, drained and rinsed

- 2 cups chopped iceberg lettuce (from 1 small head lettuce)

- 1 cup finely chopped tomatoes (from 2 plum tomatoes, about 5 oz. total)

- 1 cup chopped avocado (from 1 [5-oz.] avocado)

- 1 tablespoon fresh lime juice (from 1 lime)

- 1/4 teaspoon kosher salt 1 (2.25-oz) can sliced black olives, drained (about 1/2 cup)

- 3 tablespoons chopped pickled jalapeño chiles, drained

• 2 tablespoons chopped fresh cilantro Corn chips (such as Fritos Scoops), for serving

How to Make It:

• Stir together cream cheese, sour cream, and taco seasoning mix in a medium bowl until smooth. Spoon mixture into a 9-inch deep-dish pie plate; sprinkle black beans over cream cheese mixture in an even layer.

• Top beans with a layer of lettuce and a layer of tomatoes. Toss together avocado, lime juice, and salt; sprinkle over tomato layer. Top with sliced olives, chopped pickled jalapeños, and cilantro. Serve dip with corn chops, or cover, and chill until ready to serve. If chilled, let dip stand at room temperature 20 minutes before serving.

1. Butternut Squash Soup

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Serving: 4
What You Need:

- 1 medium butternut squash, peeled and cubed
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tbsp olive oil
- Sea salt to taste

How to Make It:

- In a large pot, heat olive oil. Add onion and garlic, and sauté until translucent.
- Add butternut squash, cinnamon, nutmeg, and vegetable broth.
- Bring to a boil, then simmer until squash is tender.
- Blend the soup until smooth. Season with sea salt.

- Nutrition per Serving: Calories: 175, Fat: 7g, Carbs: 29g, Protein: 2g, Fiber: 5g

1. Spicy Tomato Sauce

What You Need:

- 2 cups chopped tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp sea salt
- 1/2 tsp cayenne pepper
- 2 tbsp grapeseed oil

How to Make It:

- Sauté onion and garlic in grapeseed oil.
- Add tomatoes, salt, and cayenne.
- Simmer for 20 minutes until thickened.

1. Creamy Avocado Sauce

What You Need:

- 2 ripe avocados
- 1/4 cup spring water
- 2 tbsp lime juice
- 1 tsp sea salt

How to Make It:

- Blend all ingredients until smooth.
- Use as a dressing or sauce over salads and dishes.

1. Alkaline Pesto Sauce

What You Need:

- 2 cups fresh basil leaves

- 1/2 cup walnuts
- 1/4 cup grapeseed oil
- 2 cloves garlic
- Sea salt to taste

How to Make It:

- Blend basil, walnuts, oil, and garlic until smooth.
- Season with sea salt. Serve with pasta or as a spread.

1. Ginger and Lime Dressing

What You Need:

- 2 tbsp grated ginger
- 1/4 cup lime juice
- 1/4 cup grapeseed oil
- 1 tsp agave syrup
- Sea salt to taste

How to Make It:

- Whisk together all ingredients.
- Adjust sweetness with agave. Drizzle over salads or veggies.

1. Avocado and Tomato Dip

What You Need:

- 2 ripe avocados, mashed
- 1 cup chopped tomatoes
- 1/4 cup finely chopped onions
- 2 tbsp lime juice
- Sea salt to taste

How to Make It:

- Mix all ingredients in a bowl.
- Chill for 1 hour before serving.

1. Chickpea Hummus

What You Need:

- 2 cups cooked chickpeas
- 1/4 cup tahini
- 2 tbsp lime juice
- 3 cloves garlic
- 1 tsp sea salt

How to Make It:

- Blend all ingredients until smooth.
- Adjust seasoning and serve.

1. Chickpea Vegetable Stew

What You Need:

- 2 cups cooked chickpeas
- 1 cup chopped tomatoes
- 1 cup chopped zucchini
- 1 onion, chopped
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1 tsp sea salt
- 1/2 tsp thyme
- 1/2 tsp oregano

How to Make It:

- Sauté onion and garlic until golden.
- Add tomatoes, zucchini, chickpeas, broth, salt, thyme, and oregano.
- Bring to a boil, then simmer for 30 minutes.

1. Mushroom and Onion Stew

What You Need:

- 2 cups sliced mushrooms
- 2 onions, sliced
- 3 cloves garlic, minced
- 4 cups spring water
- 1 tsp sea salt
- 1/2 tsp cayenne pepper
- 2 tbsp grapeseed oil

How to Make It:

- Sauté onions and garlic in grapeseed oil.
- Add mushrooms, water, salt, and cayenne.
- Simmer for 25 minutes. Serve warm.

1. Creamy Zucchini Soup

What You Need:

- 3 zucchinis, chopped
- 1 onion, chopped
- 3 cups vegetable broth
- 1 tsp sea salt
- 1/4 cup coconut milk

How to Make It:

- Sauté onion in a pot until translucent.
- Add zucchini and vegetable broth. Bring to a boil and then simmer until zucchini is tender.
- Blend until smooth, stir in coconut milk, and adjust seasoning.

1. Hearty Bean Stew

What You Need:

- 2 cups cooked kidney beans
- 1 onion, chopped
- 1 bell pepper, chopped

- 2 tomatoes, chopped
- 3 cups vegetable broth
- 1 tsp sea salt
- 1/2 tsp paprika

How to Make It:

- Sauté onion and bell pepper until soft.
- Add beans, tomatoes, broth, salt, and paprika.
- Simmer for 30 minutes until the stew thickens.

1. Roasted Pepper Dip

What You Need:

- 2 red bell peppers, roasted and peeled
- 1/4 cup walnuts
- 2 cloves garlic
- 1/4 cup olive oil
- Sea salt to taste

How to Make It:

- Blend roasted peppers, walnuts, garlic, and olive oil until smooth.
- Season with sea salt. Serve with vegetable sticks or spelled crackers.

1. Baba Ganoush

What You Need:

- 2 eggplants, roasted and peeled
- 2 tbsp tahini
- 1 clove garlic
- 2 tbsp lemon juice
- Sea salt to taste

How to Make It:

- Blend roasted eggplant, tahini, garlic, and lemon juice until smooth.

- Season with sea salt. Serve as a dip or spread.

1. Alkaline BBQ Sauce

What You Need:

- 1 cup tomatoes, chopped
- 1/4 cup agave syrup
- 2 tbsp apple cider vinegar
- 1 onion, chopped
- 1 clove garlic, minced
- 1 tsp sea salt
- 1/2 tsp cayenne pepper

How to Make It:

- Blend tomatoes, agave, vinegar, onion, and garlic until smooth.
- Pour into a saucepan, add salt and cayenne, and simmer for 20 minutes.

1. Sunflower Seed Hummus

Preparation Time: 10 minutes | No Cooking | Serving: 4
What you need:

- 1 cup sunflower seeds, soaked
- Juice of 1 lemon
- 2 cloves garlic
- 1 teaspoon cumin
- Sea salt (to taste)
- 1/4 cup spring water

How to Make It:

- Blend all ingredients until smooth.
- Adjust seasoning and water for consistency.

Nutrition per serving: Calories: 190, Fat: 15g, Carbs: 8g, Protein: 6g, Fiber: 3g

1. Alkaline Broccoli Soup

Preparation Time: 10 minutes | Cooking: 20 minutes | Serving: 4 What you need:

- 4 cups broccoli florets
- 1 onion, chopped
- 3 cups vegetable broth (alkaline-friendly)
- 1 cup coconut milk
- 1 tablespoon grapeseed oil
- Sea salt and black pepper (to taste)

How to Make It:

- Sauté onion in grapeseed oil.
- Add broccoli, and broth, and simmer until tender.
- Blend, add coconut milk, and heat.

Nutrition per serving: Calories: 130, Fat: 9g, Carbs: 11g, Protein: 4g, Fiber: 3g

1. Roasted Eggplant Dip

Preparation Time: 15 minutes | Cooking: 25 minutes | Serving: 4 What you need:

- 2 large eggplants
- 3 cloves garlic, minced
- Juice of 1 lemon
- 1 teaspoon cumin
- Sea salt (to taste)
- 2 tablespoons grapeseed oil

How to Make It:

- Roast eggplants until tender.
- Scoop out flesh, and blend with garlic, lemon juice, cumin, salt, and oil.

Nutrition per serving: Calories: 120, Fat: 7g, Carbs: 14g, Protein: 2g, Fiber: 6g

1. Ginger and Carrot Soup

Preparation Time: 10 minutes | Cooking: 30 minutes | Serving: 4
What you need:

- 4 cups carrots, chopped
- 1 tablespoon fresh ginger, minced
- 1 onion, chopped
- 3 cups vegetable broth (alkaline-friendly)
- 1 cup coconut milk
- 1 tablespoon grapeseed oil
- Sea salt (to taste)

How to Make It:

- Sauté onion and ginger in grapeseed oil.
- Add carrots, and broth, and simmer until tender.
- Blend until smooth, add coconut milk, and heat.

Nutrition per serving: Calories: 150, Fat: 9g, Carbs: 16g, Protein: 2g, Fiber: 4g

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DRINKS / TEAS

1. Pickle- and Jalapeño-Infused Vodka

What you need:

- 1 1/2 cups vodka
- 1/2 cup pickle juice
- 2 tablespoons pickled jalapeño juice
- 1 jalapeño, sliced 3-4 pickle spears

How to Make It:

- Combine all ingredients in a quart-sized jar. Tightly seal and let rest in a cool, dark place for three days.

- Strain infused vodka into a pint-sized jar.

- Store in the fridge up to 3 months.

1. Burdock Root Tea

Preparation Time: 5 minutes | Cooking Time: 10 minutes | Serving: 1

What you need:

- 1 tablespoon burdock root, chopped
- 2 cups spring water

How to Make It:

- Boil burdock root in water for 10 minutes.
- Strain and serve hot.

Nutrition per serving: Calories: 5, Fat: 0g, Carbs: 1g, Protein: 0g, Fiber: 1g

1. Alkaline Green Juice

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups kale
- 1 green apple
- 1 cucumber
- 1 stalk celery
- 1 tablespoon lime juice

How to Make It:

- Juice all ingredients in a juicer.
- Serve immediately.

Nutrition per serving: Calories: 118, Fat: 1g, Carbs: 28g, Protein: 3g, Fiber: 6g

1. Soursop Leaf Tea

What you need:

- 5 soursop leaves
- 4 cups boiling water

How to Make It:

- Steep soursop leaves in boiling water for 10 minutes.
- Strain and enjoy this soothing herbal tea.

1. Hibiscus Ginger Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon dried hibiscus flowers
- 1 inch fresh ginger, sliced
- 1 tablespoon agave syrup (optional)

How to Make It:

- Boil water and add hibiscus flowers and ginger.
- Steep for 10 minutes, strain and add agave syrup if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 40, Fat: 0g, Carbs: 10g, Protein: 0g, Fiber: 1g

1. Alkaline Berry Smoothie

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 1 banana
- 1 cup coconut water
- 1 tablespoon chia seeds

How to Make It:

- Blend all ingredients until smooth.
- Serve immediately.

Nutrition per serving: Calories: 220, Fat: 3g, Carbs: 47g, Protein: 4g, Fiber: 10g

1. Dandelion Detox Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon dandelion leaves
- 1 teaspoon lemon juice
- Honey to taste (optional)

How to Make It:

- Boil water, add dandelion leaves, and simmer for 10 minutes.
- Strain, add lemon juice and honey if desired.
- Serve hot.

Nutrition per serving: Calories: 15, Fat: 0g, Carbs: 4g, Protein: 0g, Fiber: 0g

1. Alkaline Cucumber Mint Drink

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cucumbers
- 1 tablespoon fresh mint leaves
- 1 tablespoon lime juice

How to Make It:

- Juice cucumbers and mint leaves in a juicer.
- Stir in lime juice.
- Serve chilled.

Nutrition per serving: Calories: 45, Fat: 0.5g, Carbs: 11g, Protein: 2g, Fiber: 2g

1. Alkaline Lemonade

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- Juice of 2 lemons
- 1 tablespoon agave syrup
- Mint leaves for garnish

How to Make It:

- Mix water, lemon juice, and agave syrup.
- Garnish with mint leaves.

- Serve chilled.

Nutrition per serving: Calories: 70, Fat: 0g, Carbs: 19g, Protein: 0g, Fiber: 0g

1. Sea Moss Smoothie

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 1 cup sea moss gel
- 1 banana
- 1 cup almond milk
- 1 tablespoon agave syrup

How to Make It:

- Blend sea moss gel, banana, almond milk, and agave syrup until smooth.
- Serve immediately.

Nutrition per serving: Calories: 200, Fat: 3g, Carbs: 42g, Protein: 2g, Fiber: 4g

1. Tamarind Alkaline Drink

Preparation Time: 20 minutes | No Cooking | Serving: 1
What you need:

- 1 cup tamarind pulp
- 2 cups water
- 1 tablespoon agave syrup

How to Make It:

- Soak tamarind pulp in water for 15 minutes.
- Strain the mixture and add agave syrup.
- Serve chilled.

Nutrition per serving: Calories: 120, Fat: 0g, Carbs: 31g, Protein: 0g, Fiber: 3g

1. Elderberry Tea

Preparation Time: 20 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon dried elderberries
- 1 teaspoon lemon juice
- Honey to taste (optional)

How to Make It:

- Boil water, add elderberries, and simmer for 15 minutes.
- Strain, add lemon juice and honey if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 25 (without honey), Fat: 0g, Carbs: 6g (without honey), Protein: 0g, Fiber: 1g

1. Alkaline Watermelon Juice

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups watermelon cubes
- 1 tablespoon lime juice
- Mint leaves for garnish

How to Make It:

- Blend watermelon cubes until smooth.
- Strain and add lime juice.
- Garnish with mint leaves.
- Serve chilled.

Nutrition per serving: Calories: 80, Fat: 0.5g, Carbs: 20g, Protein: 1g, Fiber: 1g

1. Alkaline Ginger Zinger Juice

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 large carrot
- 2 apples
- 1 inch fresh ginger root
- 1 tablespoon lemon juice

How to Make It:

- Juice the carrot, apples, and ginger in a juicer.
- Stir in the lemon juice.
- Serve immediately.

Nutrition per serving: Calories: 130, Fat: 0.5g, Carbs: 34g, Protein: 1g, Fiber: 5g

1. Moringa Leaf Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon moringa leaves (dried)
- 1 teaspoon agave syrup (optional)

How to Make It:

- Boil water and add moringa leaves.
- Steep for 10 minutes, then strain.
- Add agave syrup if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 20 (without agave), Fat: 0g, Carbs: 5g (with agave), Protein: 1g, Fiber: 1g

1. Alkaline Avocado Smoothie

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 ripe avocado
- 1 cup almond milk
- 1 tablespoon lime juice
- 1 tablespoon agave syrup

How to Make It:

- Blend avocado, almond milk, lime juice, and agave syrup until smooth.
- Serve immediately.

Nutrition per serving: Calories: 250, Fat: 15g, Carbs: 27g, Protein: 3g, Fiber: 7g

1. Sea Moss and Pineapple Juice

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 1 cup sea moss gel
- 1 cup pineapple chunks
- 1 tablespoon lemon juice

How to Make It:

- Blend sea moss gel, pineapple, and lemon juice until smooth.
- Serve immediately.

Nutrition per serving: Calories: 150, Fat: 0.5g, Carbs: 36g, Protein: 1g, Fiber: 3g

1. Alkaline Green Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon green tea leaves
- 1 teaspoon agave syrup (optional)

How to Make It:

- Boil water and steep green tea leaves for 3 minutes.
- Strain and add agave syrup if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 10 (without agave), Fat: 0g, Carbs: 2g (with agave), Protein: 0g, Fiber: 0g

1. Nopal Cactus Smoothie

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 1 nopal cactus pad, cleaned and chopped
- 1 cup coconut water
- 1 tablespoon lime juice
- 1 tablespoon agave syrup

How to Make It:

- Blend nopal cactus, coconut water, lime juice, and agave syrup until smooth.
- Serve immediately.

Nutrition per serving: Calories: 100, Fat: 1g, Carbs: 22g, Protein: 2g, Fiber: 4g

1. Alkaline Papaya Juice

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups papaya chunks
- 1 cup water
- 1 tablespoon lemon juice

How to Make It:

- Blend papaya, water, and lemon juice until smooth.
- Serve chilled.

Nutrition per serving: Calories: 120, Fat: 0.5g, Carbs: 30g, Protein: 2g, Fiber: 5g

1. Raspberry Lime Alkaline Water

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1/2 cup fresh raspberries
- 1 tablespoon lime juice
- Mint leaves for garnish

How to Make It:

- Muddle the raspberries in water.
- Add lime juice and stir.
- Garnish with mint leaves.
- Serve chilled.

Nutrition per serving: Calories: 40, Fat: 0.5g, Carbs: 10g, Protein: 1g, Fiber: 4g

1. Key Lime Alkaline Smoothie

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 key limes, juiced
- 1 banana
- 1 cup spinach
- 1 cup coconut water
- 1 tablespoon agave syrup

How to Make It:

- Blend key lime juice, banana, spinach, coconut water, and agave syrup until smooth.
- Serve immediately.

Nutrition per serving: Calories: 150, Fat: 0.5g, Carbs: 37g, Protein: 2g, Fiber: 4g

1. Alkaline Blueberry Basil Smoothie

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 cup blueberries
- 1 banana
- 1 handful fresh basil leaves
- 1 cup hemp milk
- 1 tablespoon flaxseeds

How to Make It:

- Blend blueberries, bananas, basil, hemp milk, and flaxseeds until smooth.
- Serve immediately.

Nutrition per serving: Calories: 210, Fat: 5g, Carbs: 38g, Protein: 6g, Fiber: 7g

1. Red Clover Alkaline Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon red clover blossoms (dried)
- 1 teaspoon maple syrup (optional)

How to Make It:

- Boil water and add red clover blossoms.
- Steep for 10 minutes, then strain.
- Add maple syrup if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 15 (without syrup), Fat: 0g, Carbs: 4g (with syrup), Protein: 0g, Fiber: 0g

1. Spirulina Pineapple Alkaline Drink

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 cup pineapple chunks
- 1 teaspoon spirulina powder
- 1 cup coconut water
- 1 tablespoon lime juice

How to Make It:

- Blend pineapple, spirulina, coconut water, and lime juice until smooth.
- Serve immediately.

Nutrition per serving: Calories: 100, Fat: 0.5g, Carbs: 24g, Protein: 2g, Fiber: 2g

1. Chickweed Herbal Tea

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 2 cups water
- 1 tablespoon chickweed (dried)

- Honey to taste (optional)

How to Make It:

- Boil water, add chickweed, and simmer for 10 minutes.
- Strain and add honey if desired.
- Serve hot or chilled.

Nutrition per serving: Calories: 20 (with honey), Fat: 0g, Carbs: 5g (with honey), Protein: 0g, Fiber: 0g

1. Golden Sea Moss Elixir

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 1 cup sea moss gel
- 1/2 teaspoon turmeric powder
- 1 cup almond milk
- 1 tablespoon honey
- Pinch of black pepper

How to Make It:

- Blend sea moss gel, turmeric, almond milk, honey, and black pepper until smooth.
- Serve immediately.

Nutrition per serving: Calories: 180, Fat: 4g, Carbs: 32g, Protein: 4g, Fiber: 2g

1. Alkaline Cucumber-Lemon Refresher

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cucumbers
- Juice of 1 lemon
- 1 tablespoon agave syrup

- Fresh mint leaves

How to Make It:

- Juice cucumbers and lemon.
- Stir in agave syrup and garnish with mint leaves.
- Serve chilled.

Nutrition per serving: Calories: 100, Fat: 0.5g, Carbs: 24g, Protein: 3g, Fiber: 2g

1. Elderflower & Lime Alkaline Drink

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 tablespoon elderflower (fresh or dried)
- 2 cups water
- Juice of 1 lime
- 1 teaspoon agave syrup

How to Make It:

- Infuse elderflower in water for 1 hour.
- Strain, add lime juice and agave syrup.
- Serve chilled.

Nutrition per serving: Calories: 30, Fat: 0g, Carbs: 8g, Protein: 0g, Fiber: 0g

1. Alkaline Matcha Mint Tea

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 1 teaspoon matcha green tea powder
- 2 cups water
- Fresh mint leaves
- 1 tablespoon agave syrup

How to Make It:

- Whisk matcha powder with a little hot water until smooth.
- Add remaining water and mint leaves.
- Sweeten with agave syrup.
- Serve hot or iced.

Nutrition per serving: Calories: 40, Fat: 0g, Carbs: 9g, Protein: 1g, Fiber: 1g

1. Alkaline Watermelon Basil Cooler

Preparation Time: 10 minutes | No Cooking | Serving: 1
What you need:

- 2 cups watermelon cubes
- 1 handful basil leaves
- 1 tablespoon lime juice
- 1 cup sparkling mineral water

How to Make It:

- Blend watermelon and basil leaves until smooth.
- Mix in lime juice and sparkling water.
- Serve chilled.

Nutrition per serving: Calories: 70, Fat: 0.5g, Carbs: 17g, Protein: 1g, Fiber: 1g

1. Alkaline Pomegranate & Ginger Spritzer

Preparation Time: 15 minutes | No Cooking | Serving: 1
What you need:

- 1/2 cup pomegranate seeds
- 1-inch ginger root, sliced
- 1 tablespoon lemon juice
- 1 cup sparkling alkaline water
- 1 teaspoon agave syrup (optional)

How to Make It:

- Juice ginger and pomegranate seeds.
- Mix with lemon juice and sparkling alkaline water.
- Sweeten with agave syrup if desired.
- Serve chilled.

Nutrition per serving: Calories: 70, Fat: 0g, Carbs: 18g, Protein: 1g, Fiber: 2g

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SALADS

1. Chickpea Tomato Salad

Preparation time: 10 minutes| Cooking time: 5 minutes| Servings: 4

What you need:

- 14 oz chickpeas, soak overnight & cooked
- 1 lime juice
- 1 tbsp olive oil
- 2 tbsp fresh mint, chopped
- 1 cup cherry tomato, chopped
- 1/8 tsp cayenne pepper
- Salt

How to Make It:

- Mix all ingredients into the bowl.
- Serve and enjoy.

Nutrition Per serving: Calories: 393kcal; Fat: 9g; Carbs: 60g; Protein: 19g

1. Basil And Avocado Salad

Preparation time: 10 minutes| Cooking time: 0 minutes| servings 2

What you need:

- 1⁄2 cup avocado, peeled, pitted, chopped
- 1⁄2 cup basil leaves
- 1⁄2 cup cherry tomatoes
- 2 cups cooked spelt noodles
- 1 teaspoon agave syrup
- 1 tablespoon key lime juice
- 2 tablespoons olive oil

How to Make It:

- Take a large bowl, place pasta in it, add tomato, avocado, and basil in it and then stir until mixed.
- Take a small bowl, add agave syrup and salt to it, pour in lime juice and olive oil, and then whisk until combined.
- Pour lime juice mixture over pasta, toss until combined, and then serve.

Nutrition Per serving: Calories: 387kcal; Fat: 16g; Carbs: 54g; Protein: 9g

1. Grilled Romaine Lettuce Salad

Preparation time: 10 minutes| Cooking time: 10 minutes| servings 2
What you need:

- 2 small heads of romaine lettuce, cut in half
- 1 tablespoon chopped basil
- 1 tablespoon chopped red onion
- 1⁄4 teaspoon onion powder
- 1⁄2 tablespoon agave syrup
- 1⁄2 teaspoon salt
- 1⁄4 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon key lime juice

How to Make It:

- Take a large skillet pan, place it over medium heat and when warmed, arrange lettuce heads in it, cut-side down, and then cook for 4 to 5 minutes per side until golden brown on both sides.
- When done, transfer lettuce heads to a plate and then let them cool for 5 minutes.
- Meanwhile, prepare the dressing and for this, place the remaining ingredients in a small bowl and then stir until combined.
- Drizzle the dressing over lettuce heads and then serve.

Nutrition Per serving: Calories: 130kcal; Fat: 2g; Carbs: 24g; Protein: 2g

1. Pasta Salad

What you need:

- 2 boxes of spelt penne
- 2 avocados cut into small pieces
- 1/2 cup of sun-dried tomatoes
- 1/2 cup of chopped onions
- 1/4 cup of almond milk
- 1/4 cup of fresh lime juice
- 3 tbsp of maple syrup
- 4 tbsp of sea salt
- 3-4 leaves of cilantro
- 1/2 cup of olive oil

How to Make It:

- Cook the pasta as directed on the package
- Add everything to a bowl
- Toss until uniformly mixed

1. Chayote & Cucumber Crunch

Preparation Time: 10 minutes | No Cooking | Serving: 2

What you need:

- 1 chayote, thinly sliced
- 1 cucumber, thinly sliced
- ¼ cup red cabbage, shredded
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

How to Make It:

- Combine chayote, cucumber, and cabbage.
- Toss with olive oil and lemon juice.
- Serve chilled.

Nutrition per serving: Calories: 145, Fat: 14g, Carbs: 6g, Protein: 1g, Fiber: 2g

1. Moringa & Mango Mix

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 2 cups moringa leaves
- 1 ripe mango, diced
- ¼ cup red bell pepper, diced
- 2 tablespoons olive oil
- 1 tablespoon lime juice

How to Make It:

- Combine moringa leaves with mango and bell pepper.
- Drizzle with olive oil and lime juice.
- Serve fresh.

Nutrition per serving: Calories: 230, Fat: 14g, Carbs: 26g, Protein: 2g, Fiber: 3g

1. Fonio & Cucumber Salad

Preparation Time: 20 minutes | No Cooking | Serving: 2
What you need:

- 1 cup fonio, cooked and cooled
- 1 cucumber, diced
- ½ red onion, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar

How to Make It:

- Mix fonio with cucumber and red onion.
- Toss with olive oil and apple cider vinegar.
- Serve chilled.

Nutrition per serving: Calories: 205, Fat: 14g, Carbs: 18g, Protein: 3g, Fiber: 2g

1. Teosinte & Tomato Tangle

Preparation Time: 15 minutes | No Cooking | Serving: 2
What you need:

- 2 cups teosinte (wild maize), cooked and cooled
- 2 tomatoes, diced
- ¼ cup fresh cilantro, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

How to Make It:

- Combine teosinte with tomatoes and cilantro.
- Drizzle with olive oil and lemon juice.
- Serve immediately.

Nutrition per serving: Calories: 180, Fat: 14g, Carbs: 13g, Protein: 4g, Fiber: 3g

1. Cantaloupe & Mint Medley

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 2 cups cantaloupe, cubed
- ¼ cup fresh mint leaves, chopped
- 2 tablespoons agave syrup
- 1 lime, juiced

How to Make It:

- Toss cantaloupe with mint leaves.
- Drizzle with agave syrup and lime juice.
- Serve chilled.

Nutrition per serving: Calories: 125, Fat: 0.3g, Carbs: 32g, Protein: 2g, Fiber: 2g

1. Zucchini & Walnut Wonder

Preparation Time: 15 minutes | No Cooking | Serving: 2
What you need:

- 2 zucchinis, spiralized or thinly sliced
- ¼ cup walnuts, crushed
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried basil

How to Make It:

- Combine zucchini with crushed walnuts.
- Drizzle with olive oil and apple cider vinegar.
- Sprinkle with dried basil.
- Serve immediately.

Nutrition per serving: Calories: 245, Fat: 22g, Carbs: 10g, Protein: 5g, Fiber: 3g

1. Spelt & Pomegranate Punch

Preparation Time: 20 minutes | No Cooking | Serving: 2
What you need:

- 1 cup spelt, cooked and cooled
- 1 cup pomegranate seeds
- ½ cup cucumber, diced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

How to Make It:

- Mix spelled with pomegranate seeds and cucumber.
- Drizzle with olive oil and lemon juice.

- Toss well and serve.

Nutrition per serving: Calories: 280, Fat: 14g, Carbs: 37g, Protein: 6g, Fiber: 7g

1. Kamut & Cherry Jubilee

Preparation Time: 20 minutes | No Cooking | Serving: 2
What you need:

- 1 cup Kamut, cooked and cooled
- 1 cup cherries, pitted and halved
- ¼ cup almond slices
- 2 tablespoons grapeseed oil
- 1 tablespoon lime juice

How to Make It:

- Combine kamut with cherries and almond slices.
- Drizzle with grapeseed oil and lime juice.
- Serve chilled.

Nutrition per serving: Calories: 295, Fat: 15g, Carbs: 35g, Protein: 7g, Fiber: 6g

1. Olive & Onion Odyssey

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 1 cup green olives, pitted and sliced
- ½ cup red onion, thinly sliced
- ¼ cup red bell pepper, diced
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar

How to Make It:

- Mix olives with red onion and bell pepper.

- Toss with olive oil and apple cider vinegar.
- Serve as a refreshing side dish.

Nutrition per serving: Calories: 190, Fat: 18g, Carbs: 7g, Protein: 1g, Fiber: 2g

1. Pear & Pine Nut Perfection

Preparation Time: 15 minutes | No Cooking | Serving: 2
What you need:

- 2 pears, sliced
- ¼ cup pine nuts
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- A pinch of sea salt

How to Make It:

- Arrange pear slices on a plate.
- Sprinkle with pine nuts.
- Drizzle with olive oil and lemon juice.
- Add a pinch of sea salt for flavor.
- Serve immediately.

Nutrition per serving: Calories: 250, Fat: 18g, Carbs: 22g, Protein: 2g, Fiber: 4g

1. Tigernut & Date Delight

Preparation Time: 15 minutes | No Cooking | Serving: 2
What you need:

- 1 cup tiger nuts, soaked overnight and sliced
- ½ cup dates, pitted and chopped
- ¼ cup coconut flakes
- 2 tablespoons almond oil
- 1 tablespoon lime juice

How to Make It:

- Combine tiger nuts, dates, and coconut flakes in a bowl.
- Drizzle with almond oil and lime juice.
- Toss gently and serve chilled.

Nutrition per serving: Calories: 280, Fat: 18g, Carbs: 28g, Protein: 3g, Fiber: 5g

1. Kiwi & Chia Seed Salad

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 3 kiwis, peeled and sliced
- 2 tablespoons chia seeds
- ¼ cup almonds, chopped
- 2 tablespoons coconut oil
- 1 tablespoon agave syrup

How to Make It:

- Arrange kiwi slices on a plate.
- Sprinkle with chia seeds and chopped almonds.
- Drizzle with coconut oil and agave syrup.
- Serve immediately.

Nutrition per serving: Calories: 275, Fat: 20g, Carbs: 22g, Protein: 6g, Fiber: 7g

1. Quinoa Fruit Salad

Preparation Time: 15 minutes | Cooking Time: 20 minutes | Serving: 3
What you need:

- 1 cup quinoa
- 2 cups spring water
- 1 cup chopped mixed fruits (apple, grapes, berries)
- Juice of 1 lime

- 1 tablespoon agave syrup

How to Make It:

- Rinse quinoa and cook in water until fluffy.
- Let quinoa cool, then mix with fruits, lime juice, and agave.
- Serve chilled.

Nutrition per serving: Calories: 235, Fat: 3g, Carbs: 45g, Protein: 8g, Fiber: 5g

1. Lemon Balm & Pear Salad

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 2 pears, sliced
- 1 cup lemon balm leaves
- ¼ cup pecans, chopped
- 2 tablespoons avocado oil
- 1 tablespoon maple syrup

How to Make It:

- Toss pear slices with lemon balm leaves and pecans.
- Drizzle with avocado oil and maple syrup.
- Serve immediately.

Nutrition per serving: Calories: 285, Fat: 19g, Carbs: 28g, Protein: 3g, Fiber: 6g

1. Alkaline Green Salad

Preparation Time: 10 minutes | No Cooking | Serving: 2
What you need:

- 2 cups chopped kale
- 1 cucumber, sliced
- ½ avocado, sliced

- Juice of 1 lime
- 1 tablespoon hemp seeds
- Sea salt to taste

How to Make It:

- Toss kale, cucumber, and avocado in a bowl.
- Drizzle with lime juice and sprinkle with hemp seeds and sea salt.

Nutrition per serving: Calories: 160, Fat: 11g, Carbs: 14g, Protein: 6g, Fiber: 6g

1. Alkaline Avocado Quinoa Salad

Preparation Time: 15 minutes | Cooking Time: 20 minutes | Serving: 4
What You Need:

- 1 cup quinoa, rinsed
- 2 ripe avocados, diced
- 1 cucumber, diced
- 1/2 red bell pepper, diced
- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- Sea salt to taste
- Fresh cilantro, chopped

How to Make It:

- Cook quinoa as per package instructions. Let it cool.
- In a large bowl, combine cooled quinoa, avocado, cucumber, and red bell pepper.
- In a small bowl, whisk together lime juice, olive oil, and sea salt.
- Pour the dressing over the salad and toss gently.
- Garnish with fresh cilantro.

Nutrition per Serving: Calories: 308, Fat: 20g, Carbs: 29g, Protein: 6g, Fiber: 7g

1. Kale and Almond Salad

Preparation Time: 15 minutes | Cooking Time: 0 minutes | Serving: 4
What You Need:

- 4 cups kale, chopped
- 1/4 cup sliced almonds
- 1/4 cup dried cranberries
- 1 lemon, juiced
- 2 tbsp olive oil
- Sea salt to taste

How to Make It:

- In a large bowl, massage kale with lemon juice, olive oil, and sea salt until kale softens.
- Add sliced almonds and dried cranberries to the kale.
- Toss everything together and serve.

Nutrition per Serving: Calories: 180, Fat: 11g, Carbs: 20g, Protein: 5g, Fiber: 3g

1. Zesty Quinoa & Kale Salad

Preparation Time: 15 minutes | Cooking Time: 20 minutes | Serving: 4
What You Need:

- 1 cup quinoa
- 2 cups water
- 4 cups kale, chopped
- 1 cucumber, diced
- 1 avocado, diced
- 1/4 cup lime juice, freshly squeezed
- 2 tablespoons olive oil
- Sea salt to taste
- 1/4 teaspoon cayenne pepper

How to Make It:

- Rinse quinoa under cold water and drain.
- In a pot, bring 2 cups of water to a boil, add quinoa, reduce heat, cover, and simmer for 15 minutes.
- Let the quinoa cool and then fluff with a fork.
- In a large bowl, combine the cooked quinoa, kale, cucumber, and avocado.
- Whisk together lime juice, olive oil, sea salt, and cayenne pepper.
- Pour the dressing over the salad and toss gently.
- Serve and enjoy!

Nutrition per serving: Calories: 210, Fat: 10g, Carbs: 28g, Protein: 6g, Fiber: 5g

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90 Day Meal Plan For The Alkaline Transition

Phase 1: Initiation (Days 1-30)

Focus: Gradually introduce alkaline meals, focusing on detoxification and cleansing.

Week 1:

- **Breakfast:** Sea Moss Breakfast Shake, Zucchini Pancakes
- **Lunch:** Spelt Pasta with Alkaline Pesto, Kale and Almond Salad
- **Dinner:** Alkaline Veggie Stir-Fry, Butternut Squash and Amaranth Stew
- **Snacks:** Brazil Nut and Banana Cookies, Alkaline Blueberry Smoothie

Week 2:

- **Breakfast:** Mixed Berry Smoothie, Kamut Porridge
- **Lunch:** Veggie Portobello Burgers, Basil and Avocado Salad
- **Dinner:** Mushroom and Quinoa Stuffed Acorn Squash, Creamy Zucchini Soup
- **Snacks:** Avocado and Tomato Salsa, Cucumber and Dill Salad

Week 3:

- **Breakfast:** Cinnamon Apple Breakfast Quinoa, Spelt Strawberry Waffles
- **Lunch:** Stuffed Bell Peppers, Quinoa Fruit Salad
- **Dinner:** Wild Rice & Mushroom Pilaf, Roasted Eggplant with Quinoa Tabbouleh
- **Snacks:** Spicy Chickpea Stew, Date and Almond Balls

Week 4:

- **Breakfast:** Pumpkin Spice Quinoa, Chia Seed Pudding
- **Lunch:** Alkaline Electric Spring Rolls, Kamut & Cherry Jubilee
- **Dinner:** Alkaline Vegetable Soup, Jackfruit Vegetable Fry
- **Snacks:** Hemp Seed Energy Bars, Alkaline Avocado Toast

Phase 2: Transition (Days 31-60)

Focus: Establish routine with more variety and ensure nutrient diversity.

Week 5:

- **Breakfast:** Millet Porridge, Spelt and Almond Muffins
- **Lunch:** Mushroom Curry, Zesty Quinoa & Kale Salad
- **Dinner:** Taco Mac & Cheese, Alkaline Veggie Stir-Fry
- **Snacks:** Spicy Avocado Toast on Spelt Bread, Hemp Seed Porridge

Week 6:

- **Breakfast:** Fine French Toast, Sea Moss Smoothie

- **Lunch:** Veggie Balls in Tomato Sauce, Spelt & Pomegranate Punch
- **Dinner:** Roasted Eggplant Dip, Veggies Burgers
- **Snacks:** Stuffed Dates with Almond Butter, Coconut Lime Energy Balls

Week 7:

- **Breakfast:** Teff Pancakes, Walnut and Date Bars
- **Lunch:** Lentil and Vegetable Stew, Alkaline Green Salad
- **Dinner:** Bell Pepper & Tomato Bake, Wild Rice Breakfast Bowl
- **Snacks:** Kale and Tahini Bites, Key Lime Avocado Mousse

Week 8:

- **Breakfast:** Blackberry Pie, Cream of Kamut
- **Lunch:** Spicy Garbanzo Bean Bowl, Chayote & Cucumber Crunch
- **Dinner:** Spelt and Wild Berry Crumble, Spiced Okra
- **Snacks:** Alkaline Pomegranate & Ginger Spritzer, Sesame Seed Brittle

Phase 3: Maintenance (Days 61-90)
Focus: Solidify habits and continue with a wide range of alkaline meals.
Week 9:

- **Breakfast:** Electric Blueberry Oatmeal, Brazil Nut Yogurt
- **Lunch:** Kamut Pasta with Alkaline Pesto, Olive & Onion Odyssey
- **Dinner:** Green Stir-Fry with Spelt Noodles, Butternut Squash Soup
- **Snacks:** Sesame Alkaline Brittle, Spirulina Pineapple Alkaline Drink

Week 10:

- **Breakfast:** Alkaline Fruit Salad, Soursop Smoothie
- **Lunch:** Stuffed Baby Bell Peppers, Tigernut & Date Delight
- **Dinner:** Vegetable Nori Rolls, Roasted Pepper Dip
- **Snacks:** Alkaline Watermelon Juice, Baked Plantain Chips

Week 11:

- **Breakfast:** Spelt Roti, Wild Rice & Veggie Mini Cakes
- **Lunch:** Veggie Medley, Kiwi & Chia Seed Salad
- **Dinner:** Alkaline Broccoli Soup, Mushroom and Onion Stew
- **Snacks:** Chia Seed Pudding with Almond Milk, Sea Moss Gel Pudding

Week 12:

- **Breakfast:** Pumpkin Steel-Cut Oats, Papaya Breakfast Shake
- **Lunch:** Mushroom Curry, Moringa & Mango Mix

- **Dinner:** Teriyaki Steak Skillet, Chickpea Vegetable Stew
- **Snacks:** Roasted Chickpeas with Sea Salt, Avocado and Tomato Dip

Tips for Success:

- **Hydration:** Throughout the 90 days, ensure you drink 1 gallon of spring water daily.
- **Meal Prep:** Consider preparing meals ahead of time, especially for weeks with more complex recipes.
- **Flexibility:** Feel free to swap meals within the same phase based on availability of ingredients or personal preference.
- **Support:** Utilize the principles of Dr. Sebi's teachings to guide your choices and maintain the motivation to stick to the plan.

This 90-day meal plan incorporates a variety of alkaline recipes that not only support your health but also provide a wide range of flavors and textures to keep your meals interesting and enjoyable.

	Day	Phase	Breakfast	Lunch	Dinner	Snack
1	**Day**	Initiation	Sea Moss Breakfast Shake	Spelt Pasta with Alkaline Pesto	Alkaline Veggie Stir-Fry	Brazil Nut and Banana Cookies
2	**Day**	Initiation	Zucchini Pancakes	Kale and Almond Salad	Butternut Squash and Amaranth Stew	Alkaline Blueberry Smoothie
3	**Day**	Initiation	Mixed Berry Smoothie	Veggie Portobello Burgers	Mushroom and Quinoa Stuffed Acorn Squash	Avocado and Tomato Salsa
4	**Day**	Initiation	Kamut Porridge	Basil and Avocado Salad	Creamy Zucchini Soup	Cucumber and Dill Salad
5	**Day**	Initiation	Cinnamon Apple Breakfast Quinoa	Stuffed Bell Peppers	Wild Rice & Mushroom Pilaf	Spicy Chickpea Stew
6	**Day**	Initiation	Spelt Strawberry Waffles	Quinoa Fruit Salad	Roasted Eggplant with Quinoa Tabbouleh	Date and Almond Balls
7	**Day**	Initiation	Pumpkin Spice Quinoa	Alkaline Electric Spring Rolls	Alkaline Vegetable Soup	Hemp Seed Energy Bars
8	**Day**	Initiation	Chia Seed Pudding	Kamut & Cherry Jubilee	Jackfruit Vegetable Fry	Alkaline Avocado Toast
9	**Day**	Initiation	Millet Porridge	Mushroom Curry	Taco Mac & Cheese	Spicy Avocado Toast on Spelt Bread
10	**Day**	Initiation	Spelt and Almond Muffins	Zesty Quinoa & Kale Salad	Alkaline Veggie Stir-Fry	Hemp Seed Porridge
11	**Day**	Initiation	Fine French Toast	Veggie Balls in Tomato Sauce	Roasted Eggplant Dip	Stuffed Dates with Almond Butter
12	**Day**	Initiation	Sea Moss Smoothie	Spelt & Pomegranate Punch	Veggies Burgers	Coconut Lime Energy Balls
13	**Day**	Initiation	Teff Pancakes	Lentil and Vegetable Stew	Bell Pepper &	Kale and Tahini Bites

					Tomato Bake	
14	**Day**	Initiation	Walnut and Date Bars	Alkaline Green Salad	Wild Rice Breakfast Bowl	Key Lime Avocado Mousse
15	**Day**	Initiation	Blackberry Pie	Kamut Pasta with Alkaline Pesto	Green Stir-Fry with Spelt Noodles	Sesame Alkaline Brittle
16	**Day**	Initiation	Cream of Kamut	Olive & Onion Odyssey	Butternut Squash Soup	Spirulina Pineapple Alkaline Drink
17	**Day**	Initiation	Electric Blueberry Oatmeal	Spicy Garbanzo Bean Bowl	Vegetable Nori Rolls	Alkaline Pomegranate & Ginger Spritzer
18	**Day**	Initiation	Brazil Nut Yogurt	Chayote & Cucumber Crunch	Roasted Pepper Dip	Alkaline Watermelon Juice
19	**Day**	Initiation	Alkaline Fruit Salad	Mushroom Curry	Alkaline Veggie Stir-Fry	Brazil Nut and Banana Cookies
20	**Day**	Initiation	Soursop Smoothie	Moringa & Mango Mix	Butternut Squash and Amaranth Stew	Alkaline Blueberry Smoothie
21	**Day**	Initiation	Spelt Roti	Spelt Pasta with Alkaline Pesto	Mushroom and Quinoa Stuffed Acorn Squash	Avocado and Tomato Salsa
22	**Day**	Initiation	Wild Rice & Veggie Mini Cakes	Kale and Almond Salad	Creamy Zucchini Soup	Cucumber and Dill Salad
23	**Day**	Initiation	Pumpkin Steel-Cut Oats	Veggie Portobello Burgers	Wild Rice & Mushroom Pilaf	Spicy Chickpea Stew
24	**Day**	Initiation	Papaya Breakfast Shake	Basil and Avocado Salad	Roasted Eggplant with Quinoa Tabbouleh	Date and Almond Balls
25	**Day**	Initiation	Sea Moss Breakfast Shake	Stuffed Bell Peppers	Alkaline Vegetable Soup	Hemp Seed Energy Bars
26	**Day**	Initiation	Zucchini Pancakes	Quinoa Fruit Salad	Jackfruit Vegetable Fry	Alkaline Avocado Toast

27	**Day**	Initiation	Mixed Berry Smoothie	Alkaline Electric Spring Rolls	Taco Mac & Cheese	Spicy Avocado Toast on Spelt Bread
28	**Day**	Initiation	Kamut Porridge	Kamut & Cherry Jubilee	Alkaline Veggie Stir-Fry	Hemp Seed Porridge
29	**Day**	Initiation	Cinnamon Apple Breakfast Quinoa	Mushroom Curry	Roasted Eggplant Dip	Stuffed Dates with Almond Butter
30	**Day**	Initiation	Spelt Strawberry Waffles	Zesty Quinoa & Kale Salad	Veggies Burgers	Coconut Lime Energy Balls
31	**Day**	Transition	Sea Moss Breakfast Shake	Veggie Balls in Tomato Sauce	Bell Pepper & Tomato Bake	Kale and Tahini Bites
32	**Day**	Transition	Zucchini Pancakes	Spelt & Pomegranate Punch	Wild Rice Breakfast Bowl	Key Lime Avocado Mousse
33	**Day**	Transition	Mixed Berry Smoothie	Lentil and Vegetable Stew	Green Stir-Fry with Spelt Noodles	Sesame Alkaline Brittle
34	**Day**	Transition	Kamut Porridge	Alkaline Green Salad	Butternut Squash Soup	Spirulina Pineapple Alkaline Drink
35	**Day**	Transition	Cinnamon Apple Breakfast Quinoa	Kamut Pasta with Alkaline Pesto	Vegetable Nori Rolls	Alkaline Pomegranate & Ginger Spritzer
36	**Day**	Transition	Spelt Strawberry Waffles	Olive & Onion Odyssey	Roasted Pepper Dip	Alkaline Watermelon Juice
37	**Day**	Transition	Pumpkin Spice Quinoa	Spicy Garbanzo Bean Bowl	Alkaline Veggie Stir-Fry	Brazil Nut and Banana Cookies
38	**Day**	Transition	Chia Seed Pudding	Chayote & Cucumber Crunch	Butternut Squash and Amaranth Stew	Alkaline Blueberry Smoothie
39	**Day**	Transition	Millet Porridge	Mushroom Curry	Mushroom and Quinoa	Avocado and Tomato Salsa

					Stuffed Acorn Squash	
40	**Day**	Transition	Spelt and Almond Muffins	Moringa & Mango Mix	Creamy Zucchini Soup	Cucumber and Dill Salad
41	**Day**	Transition	Fine French Toast	Spelt Pasta with Alkaline Pesto	Wild Rice & Mushroom Pilaf	Spicy Chickpea Stew
42	**Day**	Transition	Sea Moss Smoothie	Kale and Almond Salad	Roasted Eggplant with Quinoa Tabbouleh	Date and Almond Balls
43	**Day**	Transition	Teff Pancakes	Veggie Portobello Burgers	Alkaline Vegetable Soup	Hemp Seed Energy Bars
44	**Day**	Transition	Walnut and Date Bars	Basil and Avocado Salad	Jackfruit Vegetable Fry	Alkaline Avocado Toast
45	**Day**	Transition	Blackberry Pie	Stuffed Bell Peppers	Taco Mac & Cheese	Spicy Avocado Toast on Spelt Bread
46	**Day**	Transition	Cream of Kamut	Quinoa Fruit Salad	Alkaline Veggie Stir-Fry	Hemp Seed Porridge
47	**Day**	Transition	Electric Blueberry Oatmeal	Alkaline Electric Spring Rolls	Roasted Eggplant Dip	Stuffed Dates with Almond Butter
48	**Day**	Transition	Brazil Nut Yogurt	Kamut & Cherry Jubilee	Veggies Burgers	Coconut Lime Energy Balls
49	**Day**	Transition	Alkaline Fruit Salad	Mushroom Curry	Bell Pepper & Tomato Bake	Kale and Tahini Bites
50	**Day**	Transition	Soursop Smoothie	Zesty Quinoa & Kale Salad	Wild Rice Breakfast Bowl	Key Lime Avocado Mousse
51	**Day**	Transition	Spelt Roti	Veggie Balls in Tomato Sauce	Green Stir-Fry with Spelt Noodles	Sesame Alkaline Brittle
52	**Day**	Transition	Wild Rice & Veggie Mini Cakes	Spelt & Pomegranate Punch	Butternut Squash Soup	Spirulina Pineapple Alkaline Drink

Day 53	Transition	Pumpkin Steel-Cut Oats	Lentil and Vegetable Stew	Vegetable Nori Rolls	Alkaline Pomegranate & Ginger Spritzer
Day 54	Transition	Papaya Breakfast Shake	Alkaline Green Salad	Roasted Pepper Dip	Alkaline Watermelon Juice
Day 55	Transition	Sea Moss Breakfast Shake	Kamut Pasta with Alkaline Pesto	Alkaline Veggie Stir-Fry	Brazil Nut and Banana Cookies
Day 56	Transition	Zucchini Pancakes	Olive & Onion Odyssey	Butternut Squash and Amaranth Stew	Alkaline Blueberry Smoothie
Day 57	Transition	Mixed Berry Smoothie	Spicy Garbanzo Bean Bowl	Mushroom and Quinoa Stuffed Acorn Squash	Avocado and Tomato Salsa
Day 58	Transition	Kamut Porridge	Chayote & Cucumber Crunch	Creamy Zucchini Soup	Cucumber and Dill Salad
Day 59	Transition	Cinnamon Apple Breakfast Quinoa	Mushroom Curry	Wild Rice & Mushroom Pilaf	Spicy Chickpea Stew
Day 60	Transition	Spelt Strawberry Waffles	Moringa & Mango Mix	Roasted Eggplant with Quinoa Tabbouleh	Date and Almond Balls
Day 61	Maintenance	Sea Moss Breakfast Shake	Spelt Pasta with Alkaline Pesto	Alkaline Vegetable Soup	Hemp Seed Energy Bars
Day 62	Maintenance	Zucchini Pancakes	Kale and Almond Salad	Jackfruit Vegetable Fry	Alkaline Avocado Toast
Day 63	Maintenance	Mixed Berry Smoothie	Veggie Portobello Burgers	Taco Mac & Cheese	Spicy Avocado Toast on Spelt Bread
Day 64	Maintenance	Kamut Porridge	Basil and Avocado Salad	Alkaline Veggie Stir-Fry	Hemp Seed Porridge
Day 65	Maintenance	Cinnamon Apple	Stuffed Bell Peppers	Roasted Eggplant Dip	Stuffed Dates with Almond Butter

			Breakfast Quinoa			
66	**Day**	Maintenance	Spelt Strawberry Waffles	Quinoa Fruit Salad	Veggies Burgers	Coconut Lime Energy Balls
67	**Day**	Maintenance	Pumpkin Spice Quinoa	Alkaline Electric Spring Rolls	Bell Pepper & Tomato Bake	Kale and Tahini Bites
68	**Day**	Maintenance	Chia Seed Pudding	Kamut & Cherry Jubilee	Wild Rice Breakfast Bowl	Key Lime Avocado Mousse
69	**Day**	Maintenance	Millet Porridge	Mushroom Curry	Green Stir-Fry with Spelt Noodles	Sesame Alkaline Brittle
70	**Day**	Maintenance	Spelt and Almond Muffins	Zesty Quinoa & Kale Salad	Butternut Squash Soup	Spirulina Pineapple Alkaline Drink
71	**Day**	Maintenance	Fine French Toast	Veggie Balls in Tomato Sauce	Vegetable Nori Rolls	Alkaline Pomegranate & Ginger Spritzer
72	**Day**	Maintenance	Sea Moss Smoothie	Spelt & Pomegranate Punch	Roasted Pepper Dip	Alkaline Watermelon Juice
73	**Day**	Maintenance	Teff Pancakes	Lentil and Vegetable Stew	Alkaline Veggie Stir-Fry	Brazil Nut and Banana Cookies
74	**Day**	Maintenance	Walnut and Date Bars	Alkaline Green Salad	Butternut Squash and Amaranth Stew	Alkaline Blueberry Smoothie
75	**Day**	Maintenance	Blackberry Pie	Kamut Pasta with Alkaline Pesto	Mushroom and Quinoa Stuffed Acorn Squash	Avocado and Tomato Salsa
76	**Day**	Maintenance	Cream of Kamut	Olive & Onion Odyssey	Creamy Zucchini Soup	Cucumber and Dill Salad
77	**Day**	Maintenance	Electric Blueberry Oatmeal	Spicy Garbanzo Bean Bowl	Wild Rice & Mushroom Pilaf	Spicy Chickpea Stew
78	**Day**	Maintenance	Brazil Nut Yogurt	Chayote & Cucumber Crunch	Roasted Eggplant with	Date and Almond Balls

					Quinoa Tabbouleh	
Day 79	Maintenance	Alkaline Fruit Salad	Mushroom Curry	Alkaline Vegetable Soup	Hemp Seed Energy Bars
Day 80	Maintenance	Soursop Smoothie	Moringa & Mango Mix	Jackfruit Vegetable Fry	Alkaline Avocado Toast
Day 81	Maintenance	Spelt Roti	Spelt Pasta with Alkaline Pesto	Taco Mac & Cheese	Spicy Avocado Toast on Spelt Bread
Day 82	Maintenance	Wild Rice & Veggie Mini Cakes	Kale and Almond Salad	Alkaline Veggie Stir-Fry	Hemp Seed Porridge
Day 83	Maintenance	Pumpkin Steel-Cut Oats	Veggie Portobello Burgers	Roasted Eggplant Dip	Stuffed Dates with Almond Butter
Day 84	Maintenance	Papaya Breakfast Shake	Basil and Avocado Salad	Veggies Burgers	Coconut Lime Energy Balls
Day 85	Maintenance	Sea Moss Breakfast Shake	Stuffed Bell Peppers	Bell Pepper & Tomato Bake	Kale and Tahini Bites
Day 86	Maintenance	Zucchini Pancakes	Quinoa Fruit Salad	Wild Rice Breakfast Bowl	Key Lime Avocado Mousse
Day 87	Maintenance	Mixed Berry Smoothie	Alkaline Electric Spring Rolls	Green Stir-Fry with Spelt Noodles	Sesame Alkaline Brittle
Day 88	Maintenance	Kamut Porridge	Kamut & Cherry Jubilee	Butternut Squash Soup	Spirulina Pineapple Alkaline Drink
Day 89	Maintenance	Cinnamon Apple Breakfast Quinoa	Mushroom Curry	Vegetable Nori Rolls	Alkaline Pomegranate & Ginger Spritzer
Day 90	Maintenance	Spelt Strawberry Waffles	Zesty Quinoa & Kale Salad	Roasted Pepper Dip	Alkaline Watermelon Juice

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Returning to the Source: A Call to Realign with Nature

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Understanding Our Disconnect with the Earth

In our modern world, humanity has become increasingly out of sync with the natural rhythms that govern life on Earth. This disconnection has profound implications, not just for the environment, but for our health and well-being as well. The relationship between people and the Earth is one of dependence—a relationship that has been increasingly ignored in the pursuit of industrial progress, greed, and consumerism. The consequences of this neglect are becoming more apparent as the delicate balance established by nature, or what some may refer to as God or the Source of Life, is being disrupted.

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The Impact of Industrial Pollution

Industrial activities have caused significant environmental degradation, including the depletion of the ozone layer. This protective barrier shields life on Earth from the sun's harmful ultraviolet radiation. As this layer becomes thinner due to pollution, humans are exposed to greater risks from the sun's rays. Ironically, the sun, which is a vital source of vitamin D—a nutrient crucial for health—is now something from which many people must protect themselves. This paradox highlights the extent to which our actions have altered natural systems that were once in harmony with human health.

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Climate Change and Its Consequences

Climate change is one of the most pressing issues of our time, with far-reaching effects on the planet and its inhabitants. In the western United States, for instance, severe droughts have become more common, with predictions of a "megadrought" expected to occur within the next 35 years. This drought is anticipated to be longer and more severe than any in the past millennium. These droughts are not just natural occurrences but are being exacerbated by human activities—especially the overuse of fresh water and the release of excessive greenhouse gases into the atmosphere.

The meat industry is a significant contributor to these environmental challenges. It is the largest consumer of fresh water and one of the biggest sources of greenhouse gas emissions. The scale of its impact is such that it disrupts natural weather patterns, intensifying droughts and other climate-related phenomena.

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Individual Responsibility in Environmental Stewardship

While it is easy to place the blame solely on industries for these environmental crises, the responsibility ultimately falls on individuals. Industries thrive because people support them, whether through ignorance or intentional choices. The collective purchasing decisions of individuals determine which industries prosper and which ones do not. Thus, every person plays a role in either perpetuating or mitigating the damage done to the Earth.

The disconnect between humanity and nature is not just physical but also spiritual. Many people claim to live religious or spiritual lives, yet their actions often contribute to the destruction of both their own bodies and the Earth's ecosystems. This contradiction calls into question the authenticity of such spiritual practices. True spirituality and religious devotion should, by their very nature, promote the preservation of life and the environment, reflecting a deep respect for the Source of Life, whether one refers to this as God, Nature, or another term.

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Conclusion: A Call to Realignment

The "Alkaline Transition Diet" is more than just a dietary choice; it is a call to return to the source of life—nature itself. By choosing to align our diets and lifestyles with natural principles, we not only improve our health but also contribute to the healing of the Earth. This realignment requires a conscious effort to support practices and industries that are in harmony with the natural world. In doing so, we reaffirm our connection to the Earth and honor the life-sustaining systems that have been in place since time immemorial.

It is time to reevaluate our choices, recognize the impact of our actions, and make the necessary changes to realign with the natural order. Only then can we hope to restore balance and ensure a sustainable future for ourselves and for generations to come.

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